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Issue #124, April 1989

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Hate Crimes Statistics Act Introduced In Congress

Amid unprecedented fanfare and broad bi-partisan support, the Hate Crimes Statistics Act was introduced in the U.S. Congress on February 22. The bill mandates data collection by the federal government of crimes motivated by prejudice based on race, religion, ethnicity or sexual orientation. The bill's chief sponsors are Senators Paul Simon (D-IL) and Orrin Hatch (R-UT) and Congressman John Conyers (D-MI). The chief sponsors of the bill were joined by 86 original co-sponsors, 55 members of the House and 31 Senators.

The Hate Crimes Statistics Act represents a top legislative priority for the National Gay & Lesbian Task Force (NGLTF), the principal architect of the bill's inclusion of sexual orientation in its provisions since 1987. During the last Congressional session, the bill passed the House of Representatives overwhelmingly (383-29). The bill stalled in the Senate, after being unanimously approved by the Senate Judiciary Committee, because of threats by Senator Jesse Helms (R-NC) to attach anti-gay amendments.

"We are very excited by the level of interest this bill is generating already," said NGLTF Lobbyist Peri Jude Radecic. "Strong leadership by the bill's chief sponsors, bipartisan support, and a broad, united coalition lobbying for the bill put us well ahead of where we stood last year."

NGLTF calls upon all concerned to write and urge their Congressional representative to support the bill. NGLTF has prepared a legislative packet on the bill and can provide sample letters of support. For information, write: NGLTF, Count Hate Crimes, 1517 U Street NW, Washington, D.C. 20009. ■

MGW NEWS CLIPS

by J. Edward Jones
OF MGW STAFF

Denver, Co... The Colorado Gay & Lesbian Task Force has issued a welcome for all women and men to attend a statewide organizational meeting in order for people to express and fulfill their common political goals and through which they can network.

— Out Front

San Francisco, CA... The 1989 Lesbian and Gay Freedom Day Parade has a new route for the June 25th event. Starting at Castro and Market streets at 11 a.m., the line of mark will turn left heading north on Franklin. At Grove Street the parade will head toward Civic Center, passing between the Opera House and Davies Hall. In Civic Center the floats will turn right on Polk Street and leave the parade. Marchers will then move into the Civic Center.

— Bay Area Reporter

Washington, D.C... Western International Distributors and other manufacturers of "poppers" plan to go to court over the recent federal ban an Amyl nitrite products which were banned from the commercial market. Manufacturers claim that the government's claim of "health problems" hasn't been proved.

— The Washington Blade

Seattle, WA... The Lesbian/Gay Rights Bill will incorporate sexual orientation as a protected category in the Washington Legislature. The bill has been introduced a number of times during the past ten years. Each time it was considered the bill gained supporters. They hold "guarded" optimism on its passage this year.

— Seattle Gay News

Boston, MA... African drumming filled the meeting house of the First Congregational Church in Roxbury as lesbians and gay men entered with lit candles to begin a Day of Remembrance and Mourning for Black Lesbians and Gays.

Philadelphia, PA... Gala 89, the interdisciplinary lesbian and gay arts festival, has announced that it has been awarded a $6,000 grant from the Pennsylvania Council on the Arts. The festival is held in June as Philadelphia's own response to the national Gay and Lesbian Pride Month.

— PGN

San Francisco, CA... An illegal needle exchange is thriving in the tenderloin area of San Francisco. Volunteers are passing out clean needles in exchange for dirty ones. They are also passing out pocket-size bottles of bleach, while outreach workers are distributing condoms.

— San Francisco Sentinel

Santa Ana, CA... The Orange County Central Democratic Committee elected its first openly gay committee member in February. Scott Westerfield was elected to represent part of the 69th Assembly District situated in Costa Mesa.

— Eleanor Roosevelt Democratic Club

Indianapolis, IN... Two State Senators have proposed expanding the state's prostitution law to cover certain acts of sexual stimulation that don't require physical contact between people. Masturbation would be added to the law under the proposal being submitted to a state house vote.

— New Works News

Seattle, WA...A new law being considered in Washington will define more clearly what "malicious harassment" consists of, and exactly who is protected by the law. The need for a more explicit law was recognized recently after a jury acquitted a young man after admitting he burned a cross on the lawn of his Black neighbor.

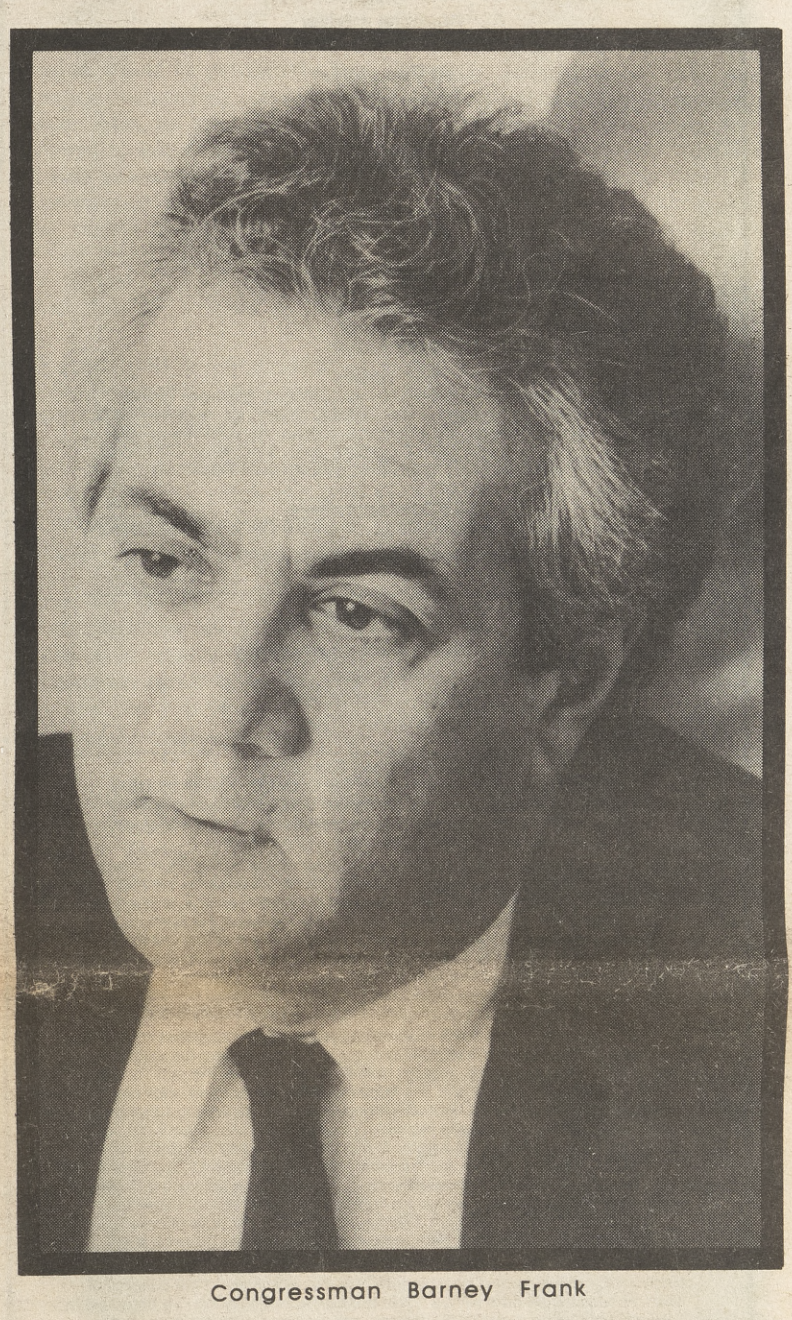
— Seattle Gay News

Congressman Visits Sacramento In June

Openly-gay Congressman Barney Frank (D-Mass.) will be the keynote speaker at the California Capitol Political Action Committee's (CAP/PAC) First Anniversary Dinner. The dinner, which includes entertainment by commedianne Margo Gomez, and appearances by other local politicians, will take place in Sacramento June 10.

Rep. Frank has the distinction of being the highest ranking, openly gay, elected official in the nation. The five term Congressman is recognized as one of a handful of House members who has the ears of the House leadership. He maintains close working relationships with Speaker Jim Wright of Texas and Majority leader Thomas Foley of Washington. In addition, he is known for his quick wit and articulate manner which have made him a regular on ABC News' *Nightline* and PBS' *Mac Neil/Lehrer News Hour.*

The Massachusetts Congressman was first elected to Congress in 1981 and publicly acknowledged his sexual orientation in 1987. His keynote address is expected to cover a wide range of topics from public attitudes towards gays, to gay political power and the important issues currently facing the 101st Congress.



Congressman Barney Frank

CAP/PAC, which celebrates its first anniversary this summer, is a by-partisian political action committee organized to raise money to help elect public officials who are supportive of gay and lesbian issues. The dinner is open to the public. Ticket information is available by calling CAP/PAC at 736-2722. ■

Mailgram Campaign Announced To Lobby Legislators

There's nothing more persuasive to a politician than an avalanche of mail from voters back home dumped on his or her desk. The new Human Rights Campaign Fund mailgram, "Action Hotlines," allows lesbians and gays and their supporters to send hard-hitting messages on important issues, instantaneously, to their senators and representatives. One hotline is for AIDS, the other is for civil rights and fairness issues.

Both hotlines have the same toll-free 800 number, but different operator numbers. To send a mailgram, callers dial **1-800-257-4900** (day or night) and ask for either **Operator 9184** for AIDS messages, or **Operator 9188** for lesbian and gay rights messages.

The mailgrams cost $4.50 each (additional mailgrams are $4) and are charged to the caller's telephone bill. ■

Sexual Preference Linked To Sensory Acuity

Scientists at the Maryland Institute for Biological Geneticism have stumbled upon research which could have enormous implications for the gay community and the gay rights movement. In a year-long study of olfactory receptivity (the ability to distinguish smells) researchers at MIBG's lab number one (MIGB-1)discovered a particularly acute sense of smell beyond the average person's range of nasal receptivity among roughly 10-15 percent of the subject participants. The average person can perceive scents within the -1 to +26 range on the Gymea-Jur-Ante Scale of Olfactory Receptivity. The group isolated by the MIBG-1 researchers displayed an amazing range from approximately -8 to +69.

MIBG-1 scientists applied for and received a federal grant to set up another study to explore these nasally sensitive individuals. After five months of investigation, the study showed only one other factor the subjects had in common: a same-sex orientation.

Eu Long, Spokesperson for MIBG, discussed the possible implications of the study results at a news conference in Baltimore on March 20. "This is the first clearly identifiable biological link to sexual orientation. The Institute is proceeding with studies of the other four senses. Perhaps there are sound biological factors behind the associaiton of Gays with the Arts."

Several large producers of colognes have contacted the Institute to discuss development of products based on the research. April Singleton, spokesperson for Castro Clothiers and Commodities, the only company to make public its inquiries, states, "Imagine a cologne for gay men that only other gay men can smell! What a wonderful way to avoid the embarrassment of mistaken sexuality. Any man who compliments your cologne is automatically a friend."

Informed sources also claim that the Pentagon has made inquiries. Further information will be released by MIBG-1 on April First for any Fools d'April who wish to investigate .

. . April fools!! ■

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HIV Incubation Time Lengthens

by Sonya Cox
OF MGW STAFF

The median incubation time for the HIV virus in most gay men is now estimated at nearly 10 years - about two years longer than previously suggested, according to 3 studies done by UC San Francisco and San Francisco General Hospital. And with current and future medical treatments, this may well be extended even longer.

This allows a much wider margin for early intervention methods which can keep opportunistic infections at bay while a person is still asymptomatic - that is, still without symptoms of illness. In the early years of the disease, best estimates were that gay men carried the virus for 4-5 years before developing infections which they had to fight for another 2-5 years.

With current medica. technologies, the averages are becoming much more positive, with over half of gay men recently studied thought to carry the virus for 9.8 years before developing any of the AIDS-associated opportunistic infections that they are susceptible to because of their impaired immune systems. In addition, people with AIDS are now often living many years after the onset of an opportunistic infection.

The San Francisco study results concur with other studies that suggest that the number of new AIDS cases in San Francisco gay men will decline after this year.

It is hoped by the Sacramento AIDS Foundation and all others who care about Sacramento's community that ongoing educational efforts regarding preventative measures and safe sex will soon result in a noticeable decline in new infections in our city as well. ■

Love

From pg. 11

The AIDS Foundation and other resources in the city are helping people get to the point where the inner healing can begin. Sometimes it is a long and difficult journey. Often, the only way to get to peace and self-acceptance is by trudging hip-deep through the rage, fear and guilt.

People are no longer in mourning. They're taking action, and a huge energy is arising from the ashes. They're educating themselves about medical, holistic, and spiritual treatments and taking control of their lives. They're learning how to select from or blend together the resources available to them, and they're staying healthy.

But the true power behind this new spirituality is coming from gay men themselves - as more and more are finally realizing their self-worth. They are learning that they have not done anything wrong just because they are gay. They've transitioned from a community ten years ago of superficiality, to a community today deeply committed to caring for one another.

In Sacramento, gay men are becoming more educated about the importance of caring enough about each other to practice safe sex, sometimes entirely eliminating high risk proactices. But the second and third wave of infections, where intravenous drug users are passing the disease to their best friends, has begun, keeping California on the threshold of AIDS disaster.

AIDS is bringing a new meaning to life for all those touched by it. People are finding that, after being diagnosed as HIV positive, they've had to take a hard look at who they are, what they stand for as a human being, and what's going to happen to their spirit if the disease finally wins the battle. They're discovering that the diagnosis opens up a whole new world of unconditional love and compassion. They no longer put off giving a hug or saying "I love you." And many are finding that the years after diagnosis are the most productive, creative, romantic, and exciting of their lives.

The significant others in the lives of people with AIDS - be they partners, coworkers, or friends - have changed the meaning of the words "community" and "family." Many gays have blood-relations who do not accept them or their lifestyle. But they have found in their new friends (yes, often now even with straight people!) a depth of affectin and attachment they had once thought to be lost to them. Strangers are becoming the new caretakers and family. And these loved ones too are finding a renewed beauty in life.

The caring, sharing, and courage that is taking us into the 1990's is unprecedented, and give new recognition to the human spirit borne from 48,000 people who died before their time. It is showing us the way and bringing with it a new kind of love: a love theading us together through the realization that, even though each of us is uniquely different, we're really all the same after all - with the same fears and heartbreaks, the same goals and ideals. AIDS is making us whole and alive. ■

Mangione

From pg. 6

fullest." For tickets to the Chuck Mangione concert, call the symphony box office at 649-0200.

The season finale, on April 29, 30 and May 1, is likely to be terrific. Maestro Carter Nice will lead the orchestra in Bach's Brandenburg concerto No. 3 and the Lincoln Portrait by the well known American composer Aaron Copland. To close the season, the Sacramento Symphony Chorus joins the orchestra for the sensational A German Requiem by Johannes Brahms.

I first heard A German Requiem 30 years ago at USC and I've never forgotten that performance. It's a monumental composition fit for closing a symphony season. It'll be directed, of course, by Bruce Lamott, the symphony chorus conductor who always gets rave reviews from the local press.

Lastly, a word of apology to readers who read my remarks prior to the February performance of Saint-Saens' Organ Symphony. You surely expected a magnificent and stunning musical experience. Regrettably, that's not what it was, due to the inadequacy of the poor electronic organ used for the occasion. Carter Nice's interpretation was pleasing, the orchestra played very well, but that miserable electronic organ was a letdown. I'll be more cautious in the future when praising a performance I haven't heard! ■

What Does It All Mean? . . . your AIDS glossary

by Sonya Cox
OF MGW STAFF

opportunistic infections: an infection that a person with an unimpaired immune system would ordinarily be resistant to (such as toxoplasmosis, formerly found only in cats). Those most commonly found in people with AIDS include (1) pneumocystis carinii pneumonia (PCP), (2) Cytomegalovirus (CMV), and (3) toxoplasmosis. Other AIDS-defining opportunistic diseases are certain cancers such as Kaposi's sarcoma and non-Hodgkins lymphoma. Up until a little over a year ago, a person had to have one of these symptoms to obtain AZT; AZT can now be used as a preventative in HIV-positive individuals with low T-cell counts.

CMV (cytomegalovirus): belongs in the herpes family, brings with it mononucleosis, enlarged lymph nodes, CMV pneumonia, retinitis, and other infections.

AZT (azidothymidine; also often called retrovir or zidovudine): this drug slows the progression of AIDS by inhibiting the replication of HIV, thus reducing its attack on the T-helper cells. Some people have had trouble tolerating this drug, but some now think that "full dosages" of 1200 mg may be double or quadruple the amount actually needed. PROJECT INFORM suggests that, before giving up on this phenomenal drug, PWAs who experience side effects might cut back their dosage, perhaps go off the drug for a month to clean out their system, and then ease back on at a lower dosage. Project Inform and others also feel that it is more important to get a full night's rest than to wake in the middle of the night to take a pill. Taking the dosage needed 2-3 times during waking hours gets the job done, and getting a vitamin B-12 shot twice a month may make it work better and reduce side effects. Some users have also reported a reduction in side effects by taking it with meals or changing acid content of the stomach (either adding acid with orange juice and aloe vera, or reducing it with mylanta).

KS: Kaposi's sarcoma is a tumor of the walls of blood vessels. It is one of the major AIDS diseases and most often appears as pink, purple or brown spots on the surface of the skin, but can also occur internally. Many individuals experience either stabilization or regression of KS when treated with AZT.

AL721: an egg-lecithin treatment composed of 3 types of lipids (substances extracted from animal or vegetable cells by "fat" solvents) in a 7:2:1 ratio. It is thought to change the cell membrane by removing cholesterol, therefore making it more difficult for HIV to infect the cells. Recently, PROJECT INFORM took it off their list of anti-virals that they suggest be purchased. Nonetheless, some PWAs say it keeps down their skin diseases and mucus membrane symptoms. The original AL721 is available to the public as a food supplement under the name Altrigen. AL721 and other egg lecithin products - as well as lower-priced ingredients to make your own at home in your blender - are available in health food stores, at diverse prices, with some store offering discounts to PWAs. ■

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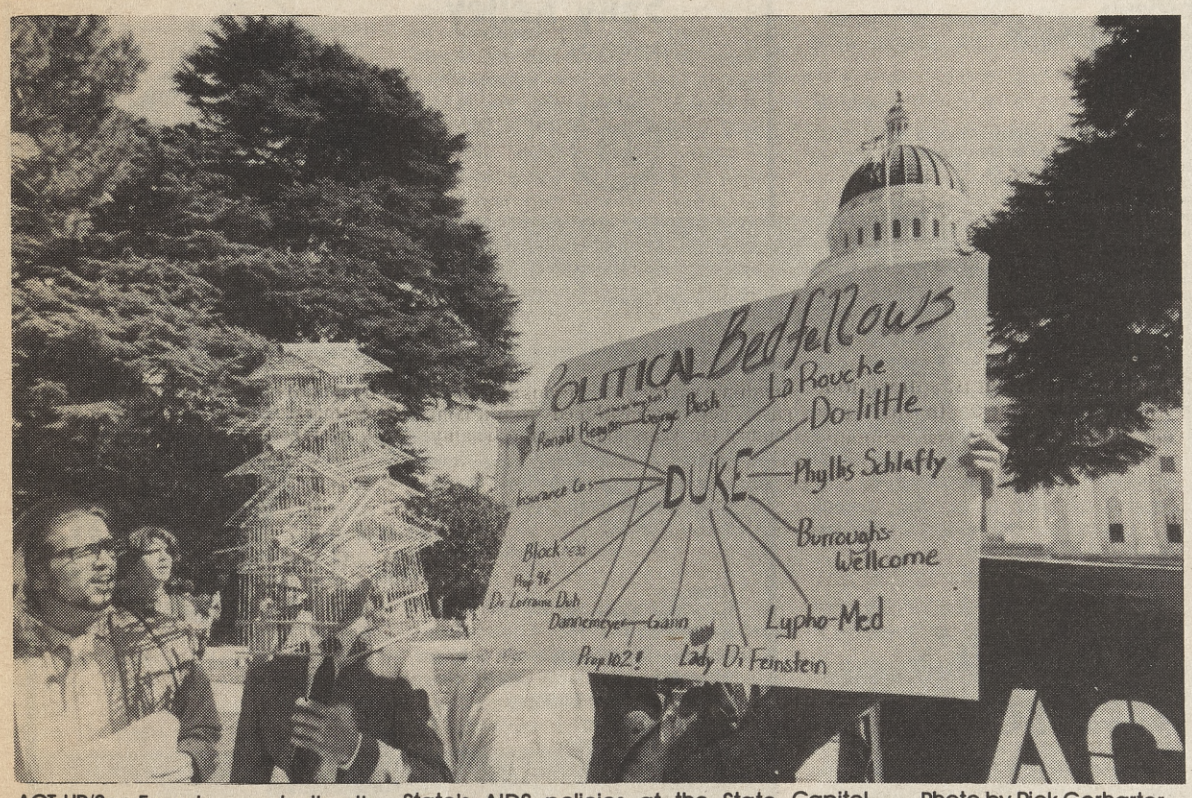

ACT-UP/San Francisco protesting the State's AIDS policies at the State Capitol. Photo by Rick Gerharter

Legislators Attack Gay, Lesbian Students

by Michael Varacalli
OF MGW STAFF

Legislation has surfaced in the Capitol this session that would prohibit school districts from offering any kind of gay or lesbian-related counseling to students.

Conservative legislators from around the state have gotten together to sponsor Senate Bill 811 (Russell). SB 811 would ban any kind of counseling in schools except purely academic or vocational assistance, unless written permission is given by parents. No sex education would be permitted. No pregnancy counseling would be allowed. Also, no counseling could be offered to gay or lesbian school aged kids unless they received written permission of their parents. Under current law students 12 and over can freely talk with teachers and counselors about problems they may be having in these or other areas.

SB 811 would be devastating to L.A.-based Project Ten. Founded in 1984 to meet the unmet needs of gay and lesbian, bisexual and straight students alike, Project Ten is a model program which has since been adopted by other districts.

Virginia Uribe, founder of the project, responded to the bill. "Here is another repressive bill...this legislator has no idea what is going on in schools. He is trying to impose his own narrow views of education on the system. He doesn't care about students." Uribe countered that Project Ten tries to work with parents as much as possible, but without infringing on the confidentiality between the counselor and the child.

In addition to counseling students, Project Ten designs and distributes educational materials to 130 schools in Southern California. Virginia Uribe, working out of Fairfax High School, has herself counseled over 400 students and recently completed an all day workshop attended by 55 teachers and counselors. A crisis line operated by the project receives calls from all over the country.

"We have got to continue to fight," Uribe asserts. "We must be the advocates for the rights of gay and lesbian students. No one else is out there for them." High school-aged students who are dealing with their sexuality face severe physical and emotional trauma. In most situations there is no one they can turn to for help. Project Ten offers them a much-needed outlet.

Some of the problems Project Ten deals with are the high drop-out rates, substance abuse, and generally coping with sexuality. AIDS is now the seventh leading cause of death for the 15-24 age group. There is a high positive correlation between exposure to AIDS and substance abuse. Gay and lesbian youth are "four times as likely" to have a substance abuse problem. An "institutional void" exists in education when it comes to services for gay and lesbian youth.

Despite the endorsements of the National Education Committee, the California Teachers' Association, the California Faculty Association, the LA Board of Education, and many other education groups, Project Ten is routinely attacked by the extreme right. "Legislative Gay Bashing" is how Uribe describes the situation. David Moran, contact person for "Friends of Project Ten" goes even further. "This is obsessive, ill-calculated, repressive, and places students at risk."

Project Ten recieves $2000 from the City of West Hollywood. The rest of its budget must come from donations. For more information on Project Ten, write to "Friends of Project Ten," 11684 Ventura Blvd., Suite 348, Studio City, CA 91604.

SB 811 must be trounced. Local Sacramento legislators who have signed onto the bill are Senator Doolittle and Assembly Member Leslie. To voice your opposition to SB 811, write to Senator Gary Hart, Chair of the Senate Education Committee at Room 2037 State Capitol, Sacramento 95814. ■

Massive Demonstration To Protect Rights

National Organization for Women, President Molly Yard, is predicting that the anger and fear generated by the U.S. Supreme Court's decision to hear a major case challenging legalized abortion will result in the April 9 "March for Women's Equality/Women's Lives" in Washington, D.C. being the largest march for women's rights in U.S. history.

On January 9, the Court announced it would hear an appeal to uphold the constitutionality of Missouri's abortion law. Missouri's law has been declared unconstitutional by both a federal district court and a federal circuit court of appeals. On November 10, 1988, two days after President Bush's election, the Department of Justice sent a message to the High Court asking it to hear the appeal.

"This call to the lesbian and gay communities goes beyond NOW's longstanding support and advocacy for lesbian and gay rights," she explained. 'We have long recognized the connection between reproductive rights and lesbian and gay rights as basic issues of privacy. The enemy is the same — a fanatical, organized Right Wing that seeks to control others through government intrusion in very private, very personal decisions and lifestyles.

Groups and individuals interested contact their local NOW chapter or contact the National NOW Action Center, 1000 16th Street, N.W., Suite 700, Washington, D.C. 20036-5705, 202/331-0066. ■

Immigration Bill Introduction

by Griff Field
OF MGW STAFF

A bill which would end discrimination against gay men and lesbians seeking to immigrate into or visit the United States was introduced into the U.S. House of Representatives March 7 by Massachusetts Democrat Barney Frank, one of Congress' only two openly gay members,

Frank's *Immigration Exclusion and Deportation Amendments Act of 1989* would remove the current "Sexual Deviation" exclusion which has been used to bar gays and lesbians from entering the United States. The proposed law would affect tourists, resident aliens, and immigrants who wish to become citizens.

The exclusion of gays and lesbians has rarely been enforced, in part because the Public Health Service (PHS), which is responsible for enforcing medical and psychological exclusions, declined to classify homosexuals as sexual deviants. The Reagan Justice Department, however, instructed PHS to enforce the sexual deviant exclusion and apply it to gay men and lesbians.

Although many prominent open homosexuals have been allowed to enter the country, the law is still used to reject, unfairly question, and to deport some individuals.

Frank's bill is co-sponsored by 45 House members, including Sacramento's Robert Matsui, and 16 other California Democrats. ■

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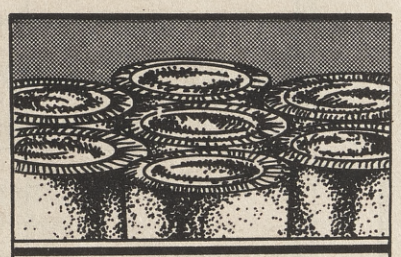

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Senator Leroy Green & Shireen Miles

CALIFORNIA NOW COORDINATOR HONORED BY LEGISLATURE

At a special ceremony held March 6 in the State Capitol, California NOW State Coordinator Shireen Miles was honored by the California Legislature as a "Woman of the Year". Because she was nominated by both Senatory Leroy Greene and Assemblymember lloyd Connelly, Miles was recognized on the floor of both houses of the legislature for her contributions to her community and to women throughout the state.

Originated three years ago by the caucus of women legislators, the "Women of the Year" Awards have now become a Women's History Month tradition. This year, 102 legislators participated in the nominations process.

Miles has been honored twice in the last two years by the Sacramento gay and lesbian community, most recently as a nominee for MGW's Triumphs '88 awards and in 1987 as a recipient of the River City Democratic Club's Lambda Award. ■

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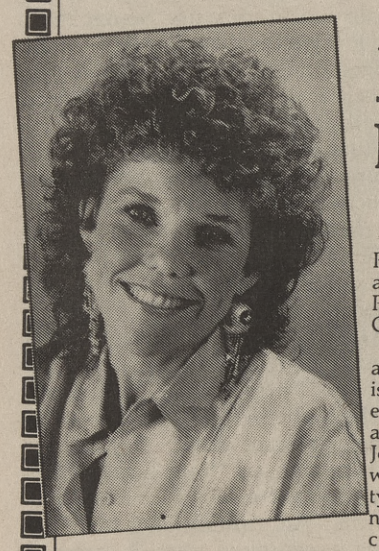

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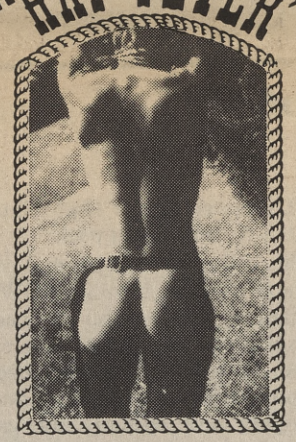

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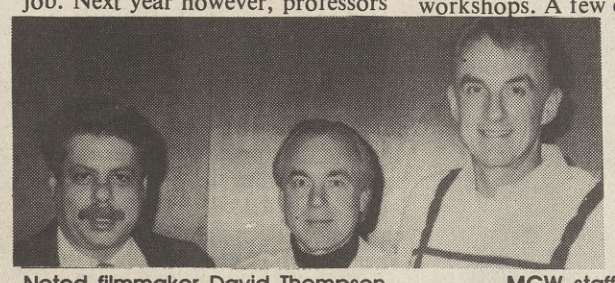
MGW FLASH!

by John Batchelor
OF MGW STAFF

For phone numbers and details on events mentioned in this column, check the calendar and organization information in the back of the paper.

Words of encouragement came forth in March along with a good dose of needed rain. Just as we need the rain your assurances keep my energy high. Thanks for the support • It isn't long before the **March for Women's Equality/Women's Lives!** There are two marches in fact: April 2nd in San Francisco and April 9th in Washington, D.C. Call me or the **National Organization for Women** (NOW) for details • Keep all eyes out for hints of visions or should I say **VISIONZ,** the latest entry to gay cable TV programming. The upcoming show also welcomes **Gary Schorzman** aboard • The **Sacramento AIDS Walk** on May 21st at William Land Park promises to make history. To get involved in any way, call 429-9404 • Top honors to **Faces** and all the participants at the recent **Country Western Dance Contest.** What a positive image to watch our community two-step, waltz and line dance the night away! •



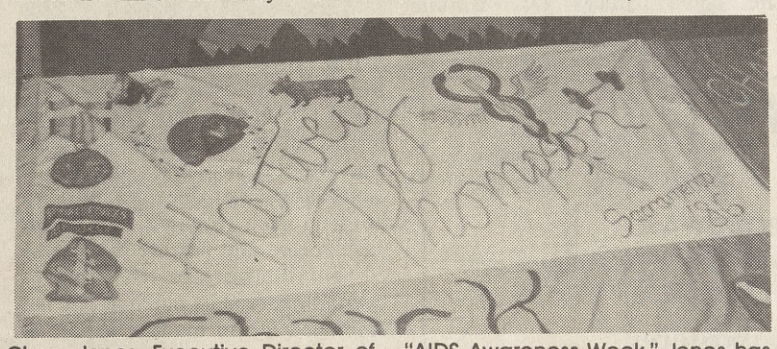
Noted filmmaker David Thompson, center above, screened "We Bring a Quilt" at the March 3 social gathering at Pillars.

MGW staffer Lou Camera, above left, and Bill McOmber organized the recent screening.
Photo by Sonya Cox

Sacramento legend, **John Fitzgerald** is playing who else but Jesus in the **Carmichael Civic Theatre's** production of **Godspell** through April. Call about an upcoming AIDS benefit performance • Talk about an emotional yet educational experience, the CSUS **AIDS Awareness Week** hit the mark. High points to everyone involved for an impressive job. Next year however, professors should stress the importance of attendance! • **Metropolitan Community Church** (MCC) is back at their home base after the completion of structural repairs. A service of late drew a full house congregation • My sincere congratulations to the **Sacramento Women's Chorus** for being true to themselves at the **Spring Musicale** at the **Woodland Opera House** • There's a new restaurant in town called **Cafe Nelson** at Fulton and El Camino. One menu item that caught my eye was "Exotic Fufu & Soup!" • If the usual dessert places have become too crowded for you, try **Weatherstone Coffee & Trading Company** for a change of routine. They are known for their coffees and now have delectable goodies as well • I recently spent a decadent Tuesday about town. Attended a busy happy hour at the **Mercantile Saloon** (it was mobbed) and then a fun and delicious meal at **El Charro Restaurant.** It was all for **Scott Alderson** who is now off to Hawaii to work on a cruise ship • We all had a wild time at the **Wreck Room's "Spring into Condoms"** event at a Sunday "Pigout." **Joe Chase** has some creative methods! • There seems to be positive happenings at the **Creative Awareness Center.** This organization follows the teachings of **Louise Hay** and has many seminars facilitated by **Cynthia Jannson** • **Ms. Leather Sacramento** was at **The Buffalo Club** to raise money for **Hope House.**

• What did we do before the **Lambda Community Center?** The center is currently offering a series of **free** workshops. A few examples are rap groups, cruising 101 and a Gay & Lesbian Film Series. They also need volunteers, day & evening to answer phones. 442-0185 • On a trek through downtown I was moved to see so many blue lights in windows. It's all part of a symbolic gesture of hope and concern for AIDS • The **Sacramento AIDS Foundation** (SAF) will keep you busy with **Healthwatch: Anti-Viral Drugs** on April 19th, **Stress/Anxiety Reduction** on April 26th, **The Buddy Connection,** a safe sex workshop, on April 3rd & 24th and **Heart to Heart,** a rap group, every Tuesday • **Stan Hadden** and the entire **SAF** Board of Directors honored the first anniversary of the **Community Outreach Team.** As a personal member of the outreach group, it was wonderful to be acknowledged. Thanks! • Did you realize there's a beautiful San Francisco type restaurant at J & 7th Streets? **Ricci's** offers a great Caesar's salad for starters in a stunning natural brick and marble setting • A busy guy around town and at **MGW** is definitely **Stephen Scott.** This man's ceaseless energy with the Sacramento Men's Chorus, (SMC) this paper and many charities is a true inspiration • In other news, yours truly will finally get a chance to perform with the group in its spring extravaganza! The **tap dance** number is sure to be a highlight in the shows • The **Lambda Freedom Faire** is coming June 17th and expanding this year. There will be games, more local entertainment and even arts & crafts! It's an event we can all be proud to create! • April birthday wishes to **Terri Planiden, Brian Lew, Norman Lorenz, Robert Kelly, Zana S. Blazer** and **me!** • A show to look forward to later in the month is **A Thousand Clowns** which opens April 21st at **Garbeau's Dinner Theatre** • **It was great to attend a "Who's Who" theatre party in honor of Steve Winlock.** Earlier in the evening most guests attended an **"Acting on AIDS"** benefit performance of **Jesus Christ Superstar.** While there were not many sequins, it was a grand time • The pageant hysteria continues at **Joseph's Town and Country!** On April Fool's Day, there's the **Miss Gay Northern California Pagent.** And then on May 6th the men hit the spotlight! • It's time to check my past **Bay Area Reporter** (BAR) newspapers. Noted Sacramentan **Elizabeth Harrison** was recently featured • As spring progresses, take the next step in becoming more a part of your community. Until May...John ■

Joe Tierney won Sacramento's title of Ms. Leather. Tierney went on to the International Ms. Leather Contest in San Francisco where Susie Shepherd took the award home to Portland, Oregon.
Photo by Donette Dietz



Cleve Jones, Executive Director of the NAMES PROJECT, brought portions of the 10,000-section NAMES quilt to California State University Sacramento to formally kick off "AIDS Awareness Week." Jones has been nominated for the Nobel Peace Prize for his work to raise awareness of AIDS and create a lasting tribute to the 45,000 who have died from AIDS.
Photo by Sonya Cox

FACES DANCE CONTEST WINNERS. Congratulation to the winners of the March 19 dance contest. Tim Dollson and "G" Wylie Leyva (l to r) took 1st place in the two-step category. Steve Van Dyke took home the line dance prize. Steve (again) and Kelly Brown (on right) beat out the competition in the waltz category. Photo by Sonya Cox

A favorite memory of last summer is **Camp Camp-It-Up** at **Kalani Honua** on the Big Island of **Hawaii!** This year the event is listed as the **All Island Gay-Bi-Lesbian Gathering** and runs from July 13-17th. Is there anyone willing to take me along? • **Sac Area Career Women's Network** (SACWN) has an evening of comedy and sex education planned for April 21st. (Don't those two always go together?) In any case the event features sexologist and author **JoAnn Loulan** •

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Cast Examine Beliefs During Rehearsals

by Louis A. Camera
OF MGW STAFF

The cast members of CSUS's production of The Normal Heart are continually coming to grips with AIDS issues and their personal attitudes on gay rights while rehearsing for the opening. As with any show, the cast members bring different perspectives and experiences with them and draw upon to create their respective roles.

The play is based upon the actual early efforts to raise public awareness and recognition and the need for government support for AIDS and people with AIDS (PWA's) in New York City. The show's director, Don Fibiger, was very moved by playwright Larry Kramer's anger and sees the production as a means of educating the audience in the AIDS crisis and providing the community a better means of dealing with the issues and the disturbing facts.

A number of the cast members know or have known persons with AIDS while others draw heavily on And The Band Played On by Randy Shilts and technical training by Dr. Neil Flynn, Director of the UC Davis Medical Center's Clinic for AIDS and Related Disorders. Michael Jackson, who plays Ned Weeks, had only a general knowledge of AIDS. This role opened his eyes to the medical aspects of the disease. But for him there are even greater acting challenges to overcome.

"The hardest thing about being in this play is kissing a man,"said Jackson, "it's just not in me." But difficulties succumb to the message of this highly acclaimed masterpiece of political drama.

M.C. Ghattas, the only woman in the show, plays Dr. Emma

See Normal on pg. 7

June Millingt on: Hot Music Wit h a Soul

by Michael Gorman
OF MGW STAFF

I'm certain that June Millington would be pleased to know how much I struggled with the opening of this feature. She is not a woman who values easy assessments and quick labels, nor does her music or life lend itself to either. Her music has evolved and her life has changed, but she has not really moved beyond her past as much as she has embraced it and made it a part of her present. Consequently, her music reflects a vairety of styles, all tied together by her intense personal commitment to loving people through her art, what she calls "compassionate action."

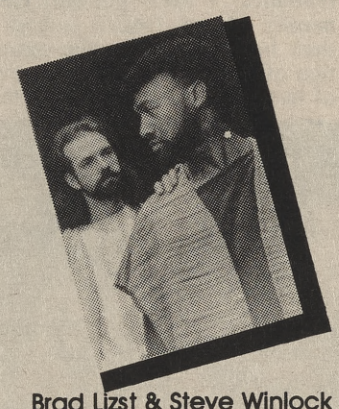
June lived the first 12 years of her life in Manila, the Phillipines, where she learned ukulele and folk music. At age 13 she came to Sacramento where she attended Mc-

See Millington on pg. 16

Jesus Christ Superstar Fails to Shine

by Louis Camera
OF MGW STAFF

It takes a great deal of courage to present a revival of a popular musical, as many of your audience members are apt to be very familiar with the material. It is difficult to emulate the polished presentation evident in film and professional stage productions. With such challenges, Sacramento City Actors Theatre is to be commended in their attempt to stage Jesus Christ Superstar at Sacramento City College. However, right from the overture, the audience became aware that they were in for a disappointment.



Brad Lizst & Steve Winlock

For those who are unaware of the plot, the story is about the last seven days in the life of Jesus of Nazareth. When first produced 18 years ago, some felt the work by Andrew Lloyd Weber and Tim Rice to be irreverent and even sacrilegious. However, millions of records and movie viewers later, not to mention the thousands who have watched stage productions of Jesus Christ Superstar, the musical has become part of our pop culture.

In spite of an overall disappointment in the production, there were a few highlights. The outstanding voices of Debby Morgan (Mary Magdaline) and Paul Plain (Pontius Pilate) were strong throughout the program. They benefitted from having songs which were not burdened by loud orchestrations. Not so lucky was ever-energetic L. Steven Winlock (Judas Iscariot), who had to do battle with the music throughout Act I. Act II gave him the opportunity to project the vocal richness many have come to appreciate through his performances with the Sacramento Men's Chorus.

All principles should have been miked so they would not have had to strain to be heard over the music.

Winlock is to be commended for the grace with which he moves on stage. Virtually the only performer to maintain eye contact with the audience as he seemed to glide about the stage, he exhibited command of the simple set.

See Jesus on pg. 7

Now's the Time To Hear Mangione, Mozart and Brahms

by Karl Greene
OF MGW STAFF

The symphony season is almost over - just one month left. But look what's coming up in this one month period: Chuck Mangione will play his trumpet at a POPS concert, the symphony chorus will join the orchestra to sing A German Requiem by Brahms, and a popular guest conductor will lead the orchestra in the most popular Bruckner symphony, the lush Symphony No. 4, known as the Romantic Symphony.

The Chuck Mangione concert will be on Saturday and Sunday, April 15 and 16 at 8 p.m. One of the most recognized horn players in contemporary music, Mangione's work spans the musical spectrum. As Mangione says, "I feel my music is very visual; it needs to be performed live to be appreciated to the

See Mangione on pg. 2

Opera Unmemorable

by Wayne R. Anderson
OF MGW STAFF

On February 24 the Sacramento Opera brought Jules Massenet's fluffy 1884 opera "Manon" to River City. This opera lives through Manon herself. Despite some brilliant singing, Evelyn de la Rosa looked too matronly to be believable as a wild 16-year-old. Her creamy soprano grows thrillingly in strength as she moves up the scale, making her a vocally fine Manon.

Tenor Paul Spencer Adkins was a lyrical Des Grieux, showing effort only in the dramatic St. Sulpice scene. The delicate dream aria was finely shaded, and realistic acting made his Des Grieux believable. Tenor Walter Dixon got cheap laughs by playing Guillot as an effeminate buffon, but the rest of the large cast did credit to the production.

The chorus sang with its usual brilliance, but the ballet looked like the amateur hour. Conductor Stewart Robinson's fine balance allowed all the singers to be heard clearly, and brisk tempos kept a longish opera moving.

The locally-made sets and costumes, attractive but not lavish, relied more on color and 3-dimensional relief than on grandeur or intricacy. The supertitles were nearly illegible most of the time.

All-in-all, this was a pleasant but unmemorable performance. ■

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Normal

From pg. 6

Brookner (Dr. Linda Lauberstein in actuality). She feels the show has opened her eyes from her Roman Catholic background point-of-view.

"This show is reality and it is now. It really comes to life when you realize the mayor they are talking about is actually Ed Koch (current mayor of New York City and up for re-election this year) and the president is Ronald Reagan," she said.

The play brings back memories of New York City for Tom McQueen; he lived in NYC during the time the play takes place (July 1981 - May 1984). He remembers reading the first articles as they appeared in People and the New York Times when the disease was termed GRIDS, Gay Related Immune Deficiency Syndrome. McQueen, who plays Ben Weeks, Ned's straight, somewhat emotionally-distant, homophobic brother, shared that he is able to model his role, "unfortunately," on his awareness of actions or statements by individuals who continue to lash out against gays. He hopes that the play will open closed-mindedness he still sees in some.

The script hits home for Andrew Southerland who has a close friend with AIDS and finds it difficult to keep his emotionalism in check.

"I am appalled at the difference between how New York City and San Francisco dealt with AIDS during the same period of time," he said. "While San Francisco spent millions, New York spent virtually nothing!"

Southerland's character, Mickey, is based upon Kramer's own lover and Gay Men's Health Crisis (GMHC) executive director, Rodger McFarlane. He hopes the audience recognizes that the play is about people, not just gay men, and that the cast is able to drive home the message that AIDS touches everyone, not just gay men.

Making his California acting debut, John Lewitzke, recently transplanted from rural Wisconsin, appreciates the fact that people here are willing to take time to understand the disease and to take precautions.

"People in Wisconsin tend to be naive and they need to become more aware of the epidemic, of the actual disease. Too many are unwilling to accept it, and feel AIDS is only in New York and California," he said. Lewitzke is familiar with the gay issues having worked in theatre for a number of years, so the play has not altered his views. As with many actors, he hopes to eventually move to LA and into film and television work.

Playing Felix, Ned's lover, is a meaningful experience for Bill Zarriello. His role has changed his attitude on gay rights.

"It's like women asking for the right to vote; rights (for gays) should never have been denied in the first place," he said. "Everyone should have the right to live as they want and not be hurt by anyone."

Zarriello said the most difficult aspect of his role is not to play the stereotypical gay character. When he came to grips with playing the role of a man rather than a gay man it all came together for him. Like Kramer, he is angered when he thinks of the needless deaths caused by the government's inaction and delays which the play emphasizes.

Making his acting debut, Jim Pennell is forced to really act and is not able to draw on past experiences. As Bruce, he plays a closeted banker who opposes even using the word "gay" on envelopes for fear that someone may object. While Pennell has never had to deal with a similar situation, he hopes that if confronted to take an unpopular stand, he will have the courage to do so, in part from what he has come to understand through his current role.

Freshman David Brabender doesn't know anyone with AIDS personally and doubts that this role will make him an AIDS activist or letter writer. However, the roles (Craig/Grady) have made him aware that relationships deal with people, regardless of gender. Like many of the other cast members, Brabender viewed *Torch Song Trilogy* to better understand gay relationships.

It is easy for a political drama to weigh heavily upon a cast and crew, but Fibiger keeps rehearsals light. His grasp of the material is evident throught his discussion with cast members after each act. The "difficult" kissing scene has not been rehearsed yet due to a cold by one of the actors, and is discussed with nervous laughter. There are still some hurdles to overcome when presenting gay material. Unfortunately, one the cast member's parents will not view the show because of the subject matter, emphasizing the need for more shows of this nature to educate the general public.

The Normal Heart opens March 31st and April 1st with all proceeds going to Sacramento Aid to AIDS, and continues April 6th-8th and April 13th-16th. Call the CSUS Theatre Box Office, 278-6604 for reservations, show times and ticket prices.

Jesus

From pg. 6

The heavy drag queen portrayal of Herod, complete with jewel in navel, and accompanied by a swishing guard with lots of bright red lipstick and coral beads was apparently intended for comic relief. However, played for cheap and easy laughs at the expense of gays, it was insulting. At some point, directors should realize there are ways to invoke humor without demeaning a minority group.

Jesus Christ Superstar can be seen on Fridays and Saturdays through April 15 at the Art Court Theatre, Sacramento City College, 3835 Freeport Boulevard at 8 p.m. There is also a Sunday Matinee on April 2. For information and reservations call the Ticket Office between 10 a.m. - 1 p.m. at 449-SCAT. ■

It's April God Save The Queen!

When you're royalty in Sacramento, April is an important month. On April 2, the board of directors of the Federal Court of the Great Northwest Imperial Empire Incorporated (C.G.N.I.E.) will announce this year's candidates for the sixteenth Emperor and Empress. Applications were taken on March 16 at the Mercantile Saloon, but those names remain secret until the official board announcement following the April 1 Camp Awards. Campaigning begins then and continues through to the Aprill 2 elections at the Lambda Center or the Mercantile. Any person over 18 years of age with residency within the Empire may vote.

C.G.N.I.E. is the largest empire in the International Court Conference, a confederation of courts in the U.S. and abroad which raises thousands of dollars every year for charities, primarily through drag shows. The reign of Emperor Bill and Empress La Kish has raised $4000 to date, most of which will go directly back into the Sacramento gay community through various service organizations.

On April 29, royalty from all over California and the western states, as well as Canada and Mexico, will parade and perform in all their feathered, leathered and sequinned splendor at the sixteenth annual Coronation banquet celebration, held this year in the Turn Verein Hall, 3349 J Street at 6 p.m. The announcement and coronation of the new monarchs will follow the glittering show.

For those who really love the drad queens of the community and want more, the lovely ladies will be camping and crooning at two other shows prior to the Coronation: Arpil 27th, an in-town show at The Western and April 28th, a show of visiting monarchs at Joseph's Town and Country.

For information, including events in Chico, call Empress Ten, Loretta Young Peacock (927-9540) or His Grace The Imperial Duke of Dragonlair For Life Charlie Preston (391-1362). ■

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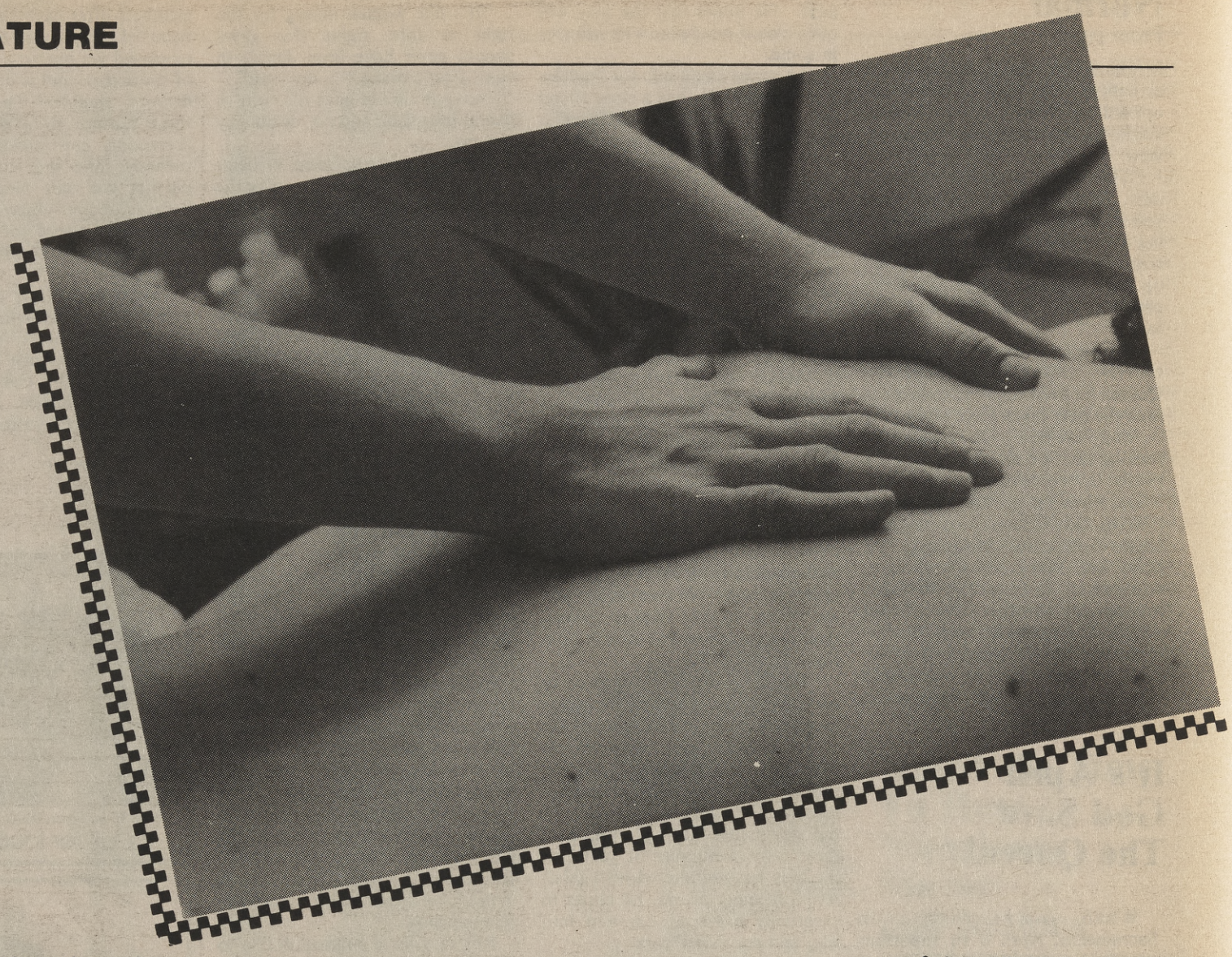

by Wimsey Willow Wrede, CMT
OF MGW STAFF

Why Massage?

Hands-on healing is perhaps the most ancient form of health care known to humanity. Touch is a basic need, as vital to survival as food, water, and breath. Without touch, a person can literally die. Beyond meeting the need for human touch and the nurturing it offers, massage therapy provides a wide range of benefits which fall into five principal categories: muscular/skeletal, circulatory/lymphatic, neurological, electromagnetic, and emotional/mental/spiritual.

Massage may improve the functioning of the circulatory and lymphatic systems, moving lymphatic fluids and aiding the body in eliminating toxins and metabolic waste products. Additionally, it can reduce strain on the heart and lower blood pressure.

The neurological benefits of massage may include opening the pathways of nerve impulses, toning or soothing the nervous system and relieving pressure on nerves from muscles or bones which, in turn, can alleviate muscle spasm and pain.

The electromagnetic energy system of the body, when opened and balanced by massage, stimulates all of the physiological functions of the body and its organs.

Massage promotes healing and self-awareness emotionally, mentally, and spiritually. The inseparable relationship of body, mind, and spirit is often more noticeable after a massage.

Massage therapists providing general wellness massage typically focus on the recipients' goals. These goals range from relief of stress to the release of long-term holding patterns. The effects of stress relief may be felt in every aspect of the recipient's life. Simply being without an achy neck can free a great deal of energy for concentrating, creating, and having fun.

Survivors of physical, sexual, and/or emotional abuse and people working on co-dependency and substance addiction issues may find certain styles of bodywork effective in supporting their recovery process. Traumatic feelings which haven't been expressed are stored in the muscles and the memories associated with those feelings may return during bodywork. The memories can then be expressed and released. It is important for a survivor of abuse to work with a massage therapist who completely respects any fear of being touched. Survivors must be able to feel safe and know that they have control over the session and what happens to their body during the massage.

Professional and amateur athletes are increasingly looking to massage to assist them in achieving their goals. A massage therapist trained in sports massage can assist athletes in improving their performance during training and in maximizing their performance during the event.

A massage session is a time for the recipient to simply and totally receive; a time when it is okay to not be doing something. It can be a special time to fully experience the moment and the sensations in the body, a time of inward journey. A full body massage in a safe environment and with a good communication between the recipient and massage therapist can provide the recipient with useful specific information about how their bodies are managing (or NOT managing) stress.

There has been much attention given to the patterns of illness and disease in the body that mirror emotional and mental states. The ideas put forth in books by Louise Hay and Bernie Siegel, for example, have become a popular way for us to examine how important our body awarness is to our overall well being. Our energy flow, breathing, and movement are all directly related to how we feel about ourselves. Perceptive feedback, self-education, and the release of holding patterns through massage can be invaluable tools in healing and in staying well. Our bodies deserve nurturing touch to maintain balance and to be healthy.

What Might I Expect?

Massage is a very personal service. It's common for recipients to have initial concerns about undressing, body image, cleanliness, falling asleep, and erections, to name a few. Many people who long for a massage hesitate to make the initial appointment because they don't know what to expect.

When planning a massage session after work or school, it's useful to allow time for a shower first. A shower cleans and refreshes the body, relaxes the mind, and provides an opportunity for you get in touch with any areas of tension in your body. It also creates a practical transition between the workday and the massage.

During the first few minutes of the session the massage therapist typically asks a series of questions to elicit relevant health and lifestyle history. You may be asked where your body feels tight or painful, if you have any serious health problems, if you're wearing contact lenses, have had recent surgury, have ever been in a car accident, and so on. Questions about your occupation, family, day-to-day stress, and your diet may also be part of the preliminary interview. This is a good time to let the massage therapist know if you prefer firm or lighter pressure,although you may speakup at anytime during your session to request a lighter or firmer touch.

Ellen McCord CMT, contributed to this article.

Joe Balestreri, CMT-739-8132, Christopher Burnett, CMT -448-3409, Patricia Digiorgio, CMT -456-5636, Patricia Kramm, CMT -456-2636, Ellen E. McCord, CMT -452-1918, Clayton "CJ" Meyers, CMT-442-6444, Jeff Ramos, CMT -446-0605, Meda Recbecca, CMT -361-3060, Kristin Specht, CMT -451-8505, Tara Stiles, CMT -454-5526, Kimberly Weer, CMT -372-6966, Wimsey Willow Wrede, CMT - 444-3445/454-1678. ■

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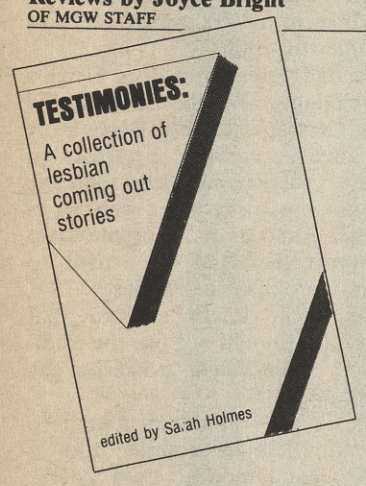
Bits & Pieces

Reviews by Joyce Bright
OF MGW STAFF



Testimonies: A Collection of Lesbian Coming Out Stories **edited by Sarah Holmes &** ***Revelations: A Collection of Gay Male Coming Out Stories*** **edited by Wayne Curtis, Alyson Publications, in paperback,** ***$7.95***

Perhaps ten years ago just about all we had to read were coming out stories. Telling these stories is an art form particularly our own — heterosexuals don't tell coming out stories. Nevertheless, I have felt over the last several years that we had seen the end of coming out stories. Now along comes Alyson Publications with two collections: one for lesbians and one for gays. In a sense, the stories have changed slightly. Where once such stories consisted of first sexual encounters, now there is more political awareness. For example, one woman writes: "After coming out, my dealings with other people's nonacceptance could at least be balanced with self-esteem."

In the male collection, a young man working at McDonald's reveals how he knew that he was gay but was waiting to have his first sexual encounter with someone special. He tells of that first encounter with wit. Fifteen years ago we didn't talk much about self-esteem or plan our first sexual encounter with thoughtful awareness. This is a good collection of stories and would make a great gift to someone just coming out. ■

Caught Redheaded

by Salud B. Garcia
OF MGW STAFF

Lessons in Murder **by Claire McNab Naiad Press, P.O. Box 10543, Tallahassee, FL 32302,** ***203pp, $8.95***

The cool Carol Ashton is sent to investigate the murder of a high school teacher and fights against the attraction she feels for the prime suspect, the redheaded Sybil Quade. As the case heats up, so does the sexual energy between Carol and Syb, who have sex and swear sex as often as any other "mixed" couple. The story was okay, as was the conclusion and, although I believe McNab has talent, I thought this lacked tension. Perhaps Syb could have been more mysterious or the case against her stronger; I just wasn't too worried for Carol's safety whenever they slept together. I'd borrow this book, but I'm not sure I'd buy it. ■

Double Daughter by Vicki McConnell and The Secret in the Bird **by Camarin Grae, Naiad Press, in paperback,** ***$8.95***

Double Daughter is by far McConnell's best mystery to date. Nyla Wade, our reporter/detective, is maturing. The plot of this story revolves around a series of gay/lesbian bashings which threaten on every page to turn into murder. The plot is well paced, the relationships in the novel are nicely drawn, and the language is often poetic. For example, McConnel talks about the Denver mountains "ready to toss the moon up from their black shoulders."

Camarin Grae's novel, ranked among the top ten in sales last year, is another of her psychological mysteries which once again explores the nature of women and power. **Winged Dancer** and **Paz** were a little too pat; I didn't care for the ending of **Soul Snatcher.** While all of Grae's books are fascinating from a psychological perspective, **The Secret in the Bird** seems to me at once the most complex and believable. I suspect that any journey into the darker side of our natures will raise criticism; Grae seems to advocate for the therapeutics of S & M, and is never politically correct. For all of that, her dialogue with troubled souls is provocative. ■

A Book Moderately Fair

by Salud B. Garcia
OF MGW STAFF

A Mistress Moderately Fair **by Katherine Sturtevant. Alyson Publications, 40 Plympton Street, Boston, MA, 02118,** ***249pp, $8.95.***

We have Margaret Featherstone, an accomplished playwright, and Amy Dudley, a supremely talented actress with a scar on her cheek and a mysterious past, who manage to fall in love and build a relationship despite the oppressive conditions of 17th century London. That is, until Amy's past reasserts itself and she flees into the countryside. Margaret follows after doing some detective work and vows to clear the way for Amy's return. But the results of Margaret's plans are disastrous and Amy must return to devise a way to save her lover. I thought Sturtevant did a good job of reconstructing the social atmosphere of the time and telling a fine story. Although I wasn't impressed with the ending (after such a good beginning, it didn't seem clever enough), the attention to historical detail, the subtle softening of Margaret's character, and the plot make up for the questionably weak ending. ■

Panthers in the Skins of Men **by Charles Nelson, Meadowland Books, in paperback,** ***$9.95***

I enjoyed the **Boy Who Picked the Bullets Up** so much that I looked forward to Nelson's new novel with great anticipation. Frankly, I was disappointed. Our hero, last seen leaving Vietnam, is now a lab tec stationed out of Boston. While he certainly elevates anonymous sex to an art form, one page after another of relentless cavorting with macho-types in dangerous circumstances doesn't much excite me. Is this a new form of Post Traumatic Stress Syndrome brought on by Vietnam, or is our main man simply incapable of overcoming his fear of commitment of any kind? I can only hope that a new Nelson novel will resolve this burning question for me. ■

Sappho: Poems and Fragments **by Josephine Balmer, Meadowland Books,** ***117pp*** **in paperback,** ***$6.95.***

This is a small, scholarly book with a 25 page introduction that puts Sappho in historical context. Considered one of the greatest poets of all time with coins minted in her honor, the truth is we have only fragments of her poems and very little evidence upon which to base a judgement of her. I'm not sure that Balmer's book does much to clarify the picture, particularly the introduction which is too short to fully appreciate the nuances of ancient Greek culture and the place Sappho served in it. Nevertheless, I am grateful for the collected fragments.

Anthology Alert

by Salud B. Garcia
OF MGW STAFF

Lesbian Crossroads **by Ruth Baetz, Naiad Press, P.O. Box 10543 Tallahassee, FL 32302,** ***272pp, $9.95***

Baetz uses multiple interviews to explore how many variables impact upon our lives as lesbians; the topics include community, familial relations, etc. Baetz took on quite a task which she did very well on the basis of achieving a diversified view of ourselves. Admittedly, like most anthologies, some interviews are boring, some stimulating, some inspiring. I loved the preface; it begins "Imagine your sister's friend is writing a book about heterosexuals and you have agreed to be interviewed." Sets the wheels in your mind spinning, doesn't it? Even if you can't buy the book, read the preface. No matter how closeted or out you are, this book validates how many crossroads we arrive at, places that lead to known security or to risks and unexpected opportunity. ■

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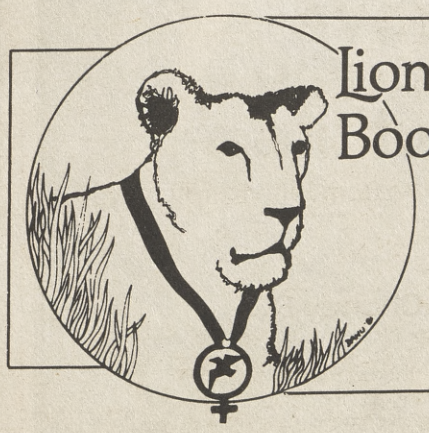
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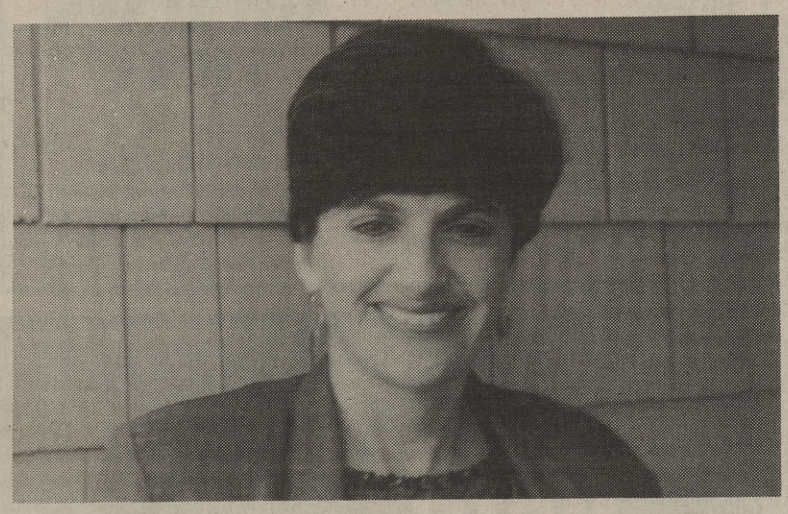

by Dell Richards
OF MGW STAFF

Clinical psychologist Ellie Zacks knows all the jokes about butch and femme roles in gay couples. But contrary to stereotypes, she sees a very different picture of the gay couples she's counseled and the lesbian couples she's studied.

According to Zacks, lesbian couples don't follow traditional heterosexual models and don't play out typical male-female roles. As a result, lesbian couples are more involved, have more equality in the decision-making process and more ability to change as circumstance demands.

What's more, lesbians are more satisfied with their relationships as a result of this freedom.

"I found that lesbian couples I studied were more satisfied with their relationships than heterosexual couples that were studied," said Zacks. "Lesbians were more involved in the relationship and more flexible about rules and roles."

Zacks' research which looked at over 50 couples is revolutionary. For decades, the accepted theory on couples - a theory based on heterosexual models - put lesbian couples in the category of unhappy and unstable.

Not only is the heterosexual model highly questionable, but Zacks found that lesbian and gay couples are much more adjusted than previously thought - more so than heterosexual couples.

This good news comes in spite of the fact that lots of social structures work against lesbian and gay couples.

"Because lesbian couples aren't encouraged to stay together, they tend to split up if they're not in relationships that are working for them," said Zacks.

"I would guess the ones who do stay together are probably going to be better functioning and more satisfied with their relationship."

Zacks defined a functioning relationship as one that can handle conflict; allows each person to assert themselves; finds a balance between time the couple spends together and apart as well as between the relationship ands careers; and has some degree of intimacy.

And lesbians aren't the only ones who show these particular characteristics. Contrary to the stereotype of gay men as cold and aloof even in relationships, gay men also fall along the same end of the spectrum that lesbian couples do.

"A colleague of mine, Michael Bettinger, found that gay men -contrary to his hypothesis - were also more cohesive than heterosexual couples. They were less cohesive than lesbians but more than heterosexuals," said Zacks.

"We were thinking originally that gay men would be more disengaged."

Until Zacks' research on couples found through our lesbian community, all the lesbians studied had been in therapy.

"When people come into therapy, they are usually pretty nervous and often feeling pretty badly about themselves," said Zacks. "They are anxious asbout what they are doing and what's not working.

"All these therapists who were writing articles were talking about couples who were in therapy. And merging - or enmeshment - had a distinctly negative connotation."

Zacks had seen this phenomenon often in 13 years of private pratice but she thought it might be a healthy response to an unhealthy environment.

"As a minority in a majority culture, we've had to deal with homophobia without a lot of support from our families or the community as a whole. The tendency is to turn to each other and become more cohesive. I saw it as functional or helpful, rather than detrimental."

If that were true, she assumed that lesbians who weren't in therapy would show the same characteristics.

"These may be indications of health, particularly if the couple themselves is satisfied with the levels of cohesion and adaptability," said Zacks.

When Zacks started writing her dissertation in 1986, she set up a study to test her ideas.

"There had been a lot of articles and discussion of fusion and enmeshment in lesbian couples but there had been no research to see whether that was actually true," said Zacks.

She looked at the negative aspects of involvement called "fusion," "merging" or "enmeshment." Basically, this happens when two people lose their individual indentities and become merged into one psychological self.

She also looked at the positive side, called "cohesion." That occurs when a couple is emotionally involved but still retains two separate identities.

What Zacks found confirmed her instincts.

Lesbians have high levels of cohesion. They tended to make decisions jointly and spend a lot of time together. They also tended to switch roles as necessary, taking turns at bolstering each other in times of stress which led to higher levels of adaptability

But contrary to previous research, these high levels didn't lead to problems. Instead, Zacks found high levels of satisfaction -higher levels than heterosexuals.

"Women prefer more flexible roles," said Zacks. "Lesbian couples showed a high level of flexibility. That might explain why lesbian couples were more satisfied with their relationships."

To therapists all over the country, Zacks and other psychologists' work is leading to a change in the definition of healthy relationships, especially for gay couples.

"More rigid roles might work well for heterosexual couples but not for lesbian or gay couples," said Zacks. "There's a certain cultural norm you have to look at.

"For instance, if a couple answered 'almost always' to the question 'we jointly make the decisions,' it would indicate a chaotic relationship.

"The measure tended to be fairly heterosexist. It looked at adaptability from the point of view of fairly rigid roles."

Since Zacks research, other therapists have begun to question the definition of a healthy relationship. Some research has even shown that a high level of involvement leads to a higher level of satisfaction.

"Highly cohesive couples tend to be more functioning," said Zacks.

"We should look at the traditional male values of independence, distance and separateness to see whether they are always functional."

"Maybe they're not as functional for relationships anymore. Maybe some of the more traditional female values are more helpful - the kinds of things that lesbians have been criticized for.

"We may have skills of intimacy and connectedness that should be paid attention to."

Although Zacks hasn't yet studied the reasons for this type of behavior, she believes the high levels of closeness could come from the emphasis on love and caregiving that women learn as children.

"As women, we are taught to be more relationship oriented," said Zacks. "Because both members of a lesbian couple have been socialized to be more attached, we show more caring, nurturing behavior. We're able to get into the other person's shoes."

Gay couples have talked about changing the values of society for decades but the research Zacks and other psychologists have done shows that lesbians and gay men are not just talking but creating new types of relationships.

"As we have questioned the old models, we have had to establish new ones," said Zacks.

And researchers are finding that these flexible, equal partnerships work well and are more satisfying. ■

Gay Therapists Changing Couples' Model

by Dell Richards
OF MGW STAFF

Research by gay therapists is leading to new theories on how couples function.

In her research, Citrus Heights psychologist Dr.Ellie Zacks found that lesbian couples were more satisfied then the heterosexual couples studied in Olson's sample —even though lesbians were more cohesive and more adaptable—two concepts that had been used to signify problems in the past.

As such, Zacks stressed that therapists should not use the traditional, heterosexual model on gay relationships.

"Clinicians should not attempt to fit the lesbian couple into a heterosexual model," said Zacks. Instead, "the therapist should strive to understand how a lesbian couple's patterns help or hinder its functioning within the majority and minority subcultures as well as within the relationship."

Zacks thinks that the lack of social and family support often gives lesbian and gay couples little choice but to rely on each other.

"Unfortunately, we don't get support to stay together, either from our own community or the community-at-large," said Zacks. "And you don't get to turn to your family for support as often as a heterosexual couple might."

Whatever their sexual orientation, therapists need to understand how some patterns that are thought to be problems might give strength to the relationship.

"There are reasons for high levels of cohesion," said Zacks.

"Rather than therapists blaming their clients, we need to look at why it's happened and validate the relationship as a whole—and then find ways to look at being individuals while still maintaining intimacy."

According to Zacks, that means taking another look at emotional responses such as "merging" or "enmeshment."

"We need to look at merging as having a basis in reality, that we are two women living in a homophobic culture," she says.

Although Zacks thinks that therapists need to rethink assumptions based on heterosexual models, she also realizes that therapists—and couples—must be careful not to go to the other extreme. Lesbian couples with high levels of cohesion still need to be careful not to lose their own identity.

"Attachment can be a strength," said Zacks. "But it can be a liability, too. In order to have intimacy, you must have two individuals." ■

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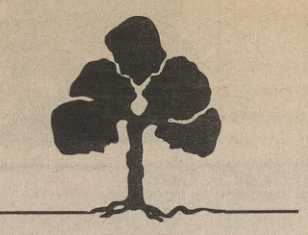
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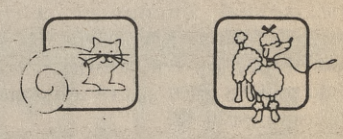
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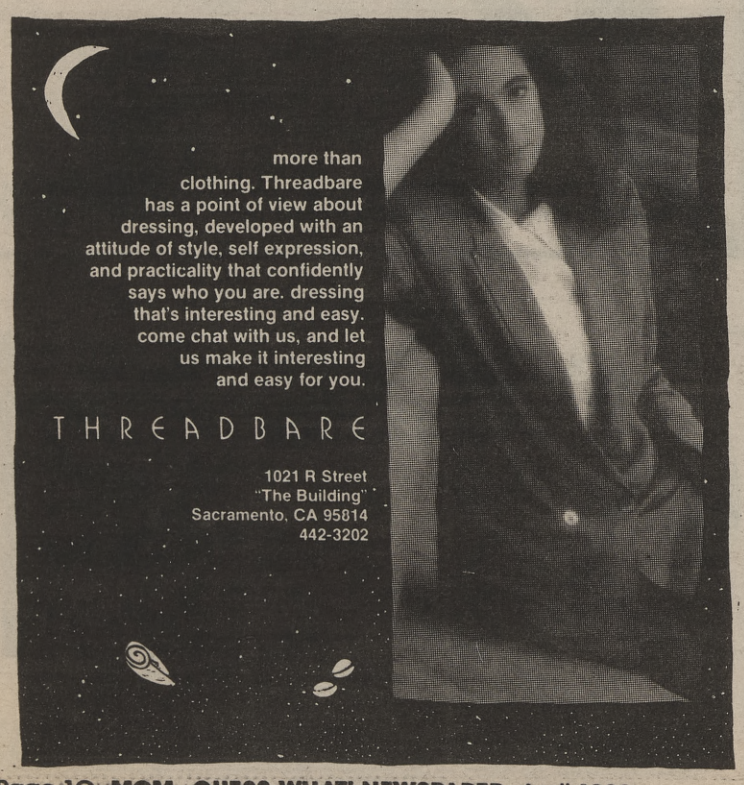
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MGW THE AIDS COLUMN

by Sonya Cox
OF MGW STAFF

. . . Around the Town

■ Congratulations to Kevin Bunker, new director of Hope House. Hope House is a 10-bed "rooming house" in downtown Sacramento sponsored by the AIDS Foundation offering housing to low-income People with AIDS (PWAs). Call Kevin at 446-0874 if you have furniture or other support to offer for their house.

■ Congratulations also to Jose Herrera and Bob Bird, two Sacramento PWAs who recently celebrated their many years together with a Holy Union.

■ The Sacramento AIDS Walk is scheduled for Sunday, May 21 in William Land Park. Sponsor a walker (see how far they can go for a good cause; please pledge at least $2 per kilometer). Proceeds will be distributed to various AIDS organizations in the area.

The AIDS Foundation's Hand-to-Hand Project volunteers are taking AIDS Foundation clients they are "matched" with to Yosemite the weekend of May 21, and will hold their own 10 kilometer walk there to support the Sacramento AIDS Walk.

■ THE QUILT IS COMING TO SACRAMENTO! The Names Project's quilt will be coming to town in early fall under the auspices of SATA, Sacramento Aid to AIDS. (It will not be here in May as previously planned.) If any sections of the quilt are being made by Sacramentans, they can be presented at that time. Call Joe Garrett, 929-3417.

■ APRIL RESOURCES PROGRAMS:
SPIRITUAL: "You Can Heal Your Life" (7 Wednesday evenings, starting April 12), call Cynthia Jannson, 444-LOVE; "Healer, Heal Thyself," April 28-30, Calistoga, Call Beth Kwiker, 925-2397.
RELIGIOUS: AIDS prayer service, Tuesday April 4 (first Tuesday of every month), Trinity Cathedral, 2620 Capitol Avenue, 7 p.m.;
WORKSHOPS: (1) The Buddy Connection: Learn how to make safe sex HOT! 7-10 p.m. April 3 and 24 at AIDS Foundation, 1900 K St.; (2) Healthwatch: Anti-Viral Drugs, 7-9 p.m. Wednesday, April 19 at Lambda Center; (3) Stress/Anxiety Reduction, 7-9 p.m. Wednesday April 26 at Lambda Center.

■ The Sacramento County Health Department's AIDS unit has a great need for volunteers to help with clerical work, perform receptionist duties at testing sites, and participate in the AIDS edcation program. Call Volunteer Services at 440-5901.

■ Program on "AIDS: Society at Risk" to be presented Wednesday, April 19, at 6:30 p.m. at UCD-Med Center (2315 Stockton Blvd). Doctors and nurses discuss future of AIDS in Sacramento. Call 453-2784 to make reservations.

■ One of 6 new centers in the state to treat AIDS will open in Sacramento in May. The CARES (Center for AIDS Research, Education and Services) Clinic will be at 2710 Capitol Ave. While CARES will treat patients who have any and all manifestations of HIV disease, the program will emphasize early intervention. Call UC-Med Center at 453-3282 for info.

■ Eight new cases of AIDS were reported in Sacramento County last month, and we lost 5 to the disease. This brings the County's total (from January 1981 thru February 1989) to 339 total cases, and 181 deaths.

. . . Around the State

■ Researchers at San Francisco General Hospital are still excited and optimistic about 2 promising AIDS drugs. CD4, now being tested on humans with good results, acts as a magnet, attracting the HIV virus away from healthy cells and hopefully eliminating it from the body. GLQ223, a new drug derived from Chinese plants and still being tested only on animals, has been shown to wipe out HIV-infected cells with one injection. Once FDA get toxicity tests completed, human trials would begin in less than 2 months.

■ Many PWAs with insurance coverage still have to pay 20% of the price of their prescriptions, with the insurance company picking up the remainder after a deductible has been met. Some mail order companies now accept this 80% insurance coverage as PAYMENT IN FULL after an annual $25 dues, often waived for Medicare patients. Prescriptions are delivered within 3 days of calling in; accounts can be set up. Call toll-free numbers listed for details: (1) University Pharmacy Health Center, 141 University Ave., Suite 1, San Diego, CA 92103, Phone 1-800-445-1373; (2) Preferred Rx 5755 Granger Rd. Independence, OH 44131, Phn. 1-800-365-2646; (3) Vee's Pharmancy, 8690 Santa Monica Blvd., West Hollywood, CA 90069, Phn. 1-800-543-0486.

■ There will be a 10-day Louise Hay workshop in southern California July 14-23; call (213) 394-7445 for information.

■ The First Chronic Fatigue Syndrome Conference (formerly called Chronic Epstein-Barr Virus) will be held April 15; co-sponsored by San Francisco Health Department, SF Medical Society, and University of California Medical Center and School of Nursing.

■ 462 Californians died last month from AIDS. 631 new cases brought total cases in the state since 1981 to 18,152 - 10,893 of whom have died.

Doctors Extending Lives Of People With AIDS

by Sonya Cox
OF MGW STAFF

Many people with AIDS are now living longer and surviving with a different spectrum of AIDS-related diseases. And the clinical course of AIDS is changing, say doctors.

Probable reasons include better treatments for some of the numerous diseases contracted by people with AIDS. AZT, which fights the HIV virus, prolongs life by fighting viral reproduction. Aerosolized pentamidine can help prevent pneumocystis carinii pneumonia, one of the most common opportunistic infections that occur with AIDS. Aero-pent has been so effective, in fact, that death from this pneumonia is rare for PWAs aggressively monitored and regularly treated.

Doctors are treating wasting syndrome, involving diarrhea and weight loss, with a thick, highly concentrated intravenous solution that nourishes PWAs even if they cannot eat. Some are being treated with total parenteral nutrition, a highly caloric solution of sugar, protein, and fats delivered through a tube inserted just below the collarbone.

Doctors are also now more alert to other infections such as cytomegalovirus and toxoplasmosis. Patients are now immediately and aggressively treated for these infections with antibiotics and other drugs.

Some physicians say they expect AIDS, once thought of as always leading to death, to gradually be perceived as being more like a cancer. "With cancer, as we learned more and more, the survival times got longer," says Dr. Douglas Dietrich of New York University. "For some cancers there are now cures. The therapies for AIDS will be very similar. We will be combining therapies and using lots of drugs, which we will give in cycles, aiming for longer and longer remissions. I think eventually we'll get there." ■

The Changing Face of Love

by Sonya Cox
OF MGW STAFF

Out of the despair of the past eight years, under the rein of terror if AIDS, has risen a new spirit in the gay community. In the search for meaning in the face of the plague, people are learning what it truly means to love one another.

Where ten years ago, gay men were devoted mainly to free love and pleasure, they are today recognized as the ones who have led the way back to wellness. They've learned that healing doesn't necessarily mean surviving in the body, it means healing your soul.

And they've given birth to their own spirituality - a religion where words like "sin" and "judgment" have no place.

When the epidemic first began, people were afraid to touch a person with AIDS because no knew for certain how it was transmitted. So in the beginning, while society was ignoring the obvious, and in the face of the government's lack of a response to the crisis - because after all it was only affecting gay people, it was left to the dying themselves to care for one another.

The never-ending process of educating the public has, over time, taught those willing to listen that AIDS isn't passed on through casual contact. These were the people who took over when the caregivers on the frontlines began to lose the battle.

And almost miraculously, out of this despair and exceptional show of devotion has come the way to live. The outcasts have become the teachers. People with AIDS are now experiencing long and productive lives, bouncing back even after weathering bouts with serious infections that attack their suppressed immune systems. And much of this, feel many of those living with the disease, is due to the tremendous spiritual growth that has occurred.

Mainstream churches have traditionally turned their backs on lesbians and gays, preaching condemnation and damnation, so many had a built-in distrust of religious institutions. But in Sacramento, some churches have directly met the needs not only of the gay community, but specifically of people with AIDS.

This spirituality is showing itself in other ways as well. No one can deny the power of the Names Project's AIDS Quilt, of the AIDS Foundation's Hand-to-Hand Project, of Hope House, of the AIDS Hospice.

People with AIDS have learned that surrounding themselves with positive influences and removing negative thinkers from their lives is invigorating, and that only after they have finally let go of the fear of death and mastered the art of forgiveness can the healing begin.

Some have learned, too late, the price of high-risk behavior. "We were so young then; if only we'd known," a close friend with AIDS recently said. But who could have known? One of the important things this new spirituality is bringing with it is forgiveness. People with AIDS are learning to forgive themselves for not heeding the early warnings, to forgive the one who infected them, to forgive themselves for possibly passing it on to yet another.

See Love on pg. 2

AIDS Resources . . .

by Sonya Cox
OF MGW STAFF

■ **HOTLINES:** Get questions about AIDS answered by calling (1) Sacramento AIDS Foundation (M-F, 9-5:00), 448-AIDS; (2) San Francisco AIDS Foundation (M-F, 9-9 p.m.; Sat., Sun. 11-5), 1-800-367-AIDS; Project INFORM (M-F, 10-2), 1-800-334-7422; (4) Centers for Disease Control (24-hour), 1-800-342-AIDS; (5) PWA Hotline (M-F, 9-6:00; Sat., 12-3), 1-415-861-7309.
■ **HIV-STATUS TESTING SITES:** (1) Capitol Health Center, 1500 C st. (Wed. & Thurs., 8-5), call 366-2922 for appointment; (2) Aquarian Effort, 1304 O St. (Wed. evenings, Thurs. mornings), 446-6467 for appointment; (3) for CSUS students and staff - CSUS Snively Health Center (Wed. mornings, Thurs. afternoons), 278-6461 for appointment.
■ **NEWLETTERS:** (1) PSSN, Positive Social Support Newsletter, write to Being Alive, Lambda Community Center, P.O. Box 163654, Sacramento, CA 95816; (2) BETA (Bulletin of Experimental Treatments for AIDS, 1-800-FOR-AIDS for quarterly issues; (3) Project INFORM, 1-800-334-7422 (leave address on message machine after 2:00).
■ **SPIRITUAL:** (1) Alive with AIDS, Cynthia Jannson, 444-5683; (2) Doors Opening, Tues, 7-9 p.m., 481-5904, (3) MCC Church, People Together, Thurs. 7-8:30, 454-4762; (4) Healing Arts, Concentration & Meditation, 487-0323; (5) Crative Awareness Center/Metaphysical Book Store, 1120 Fulton Ave., 483-2755.
■ **RELIGIOUS:** (1) AIDS prayer service, first Tuesday of every month, Trinity Cathedral, 2620 Capitol Avenue, 7 p.m., for all people of all faiths whose lives have been touched by AIDS; (2) River City Metropolitan Community Church, Sunday services, 454-4762.
■ **NUTRITION STORES:** (1) River City Nutrition, 448-9019, 1009 - 12th St., 10% discount to people with AIDS; (2) Carmichael Christian Book Store (health foods), 944-8000, 7630 Fair Oaks Blvd.; (3) Cordova Nutrition, 362-3601, 10367 Folsom Blvd., Rancho Cordova.
■ **SUPPORT GROUPS:** (1) Antibody Positive Group, 1st & 3rd Mon., 8-9:30, 441-2210 or 443-7171; (2) Alternative Treatments, 2nd Saturday, 486-2566; (3) PWA Info. & Support, 2nd & 4th Saturdays, 1-3:00, 448-1645 or 924-1620; (4) Immune Deficients Anonymous, Sun. 7:00, 441-3226; (5) Gay, Bisexual, Women's Support, closed group, 6-month commitment, $20.00 per session, 441-2408; AIDS Support, Sat. 1-3:00, 924-1628; (6) Heterosexuals Positive, Tues., 7-8:30, 929-9669; (7) HIV Positive Women, 453-4589; (8) Psychotherapy, Tues., 10-12 noon, Medi-Cal, 453-3574; (9) Gay Men's PWA/ARC Group, every other Tues., 6:00, 483-7959; (10) I had AIDS, self-healing, 372-4170; (11) Support and Bereavement for Significant Others, Tues., 6-8:00, 454-1655; (12) Family Members Support, 2nd & 4th Wed., 454-1013; (13) Gay, Straight, Significant Others of IV Drug Users, 444-6996.
■ **SUPPORT SERVICES:** (1) Sacramento AIDS Foundation provides education, client services, volunteers, 1900 K St., 448-2437, M-F, 9-5:00; (2) SAF's Low-Cost Food SHARE PROGRAM, reduced cost in exchange for community service, contact Brad or Karen at 448-2437.
■ **POLITICAL:** ACT UP Sacramento, 447-2949.
■ **LEGAL:** Sacramento AIDS Referral Panel, M-F, 8:30-5, 444-6760.
■ **READING:** (1) "Living with AIDS," by Tom O'Connor (with chapters on candida, stress, the immune system, nutrition, etc.); (2) "Candida Albicans Yeast-Free Cookbook," by Pat Connolly; (3) "I'm looking for Mr. Right, but I'll settle for Mr. Right Away," by Gregory Flood; (4) "AIDS: The Facts," by John Langone; (5) "If you're afraid of the dark, remember the night rainbow," by Cooper Edens; (6) "How shall I live? (Transforming health crisis into greater aliveness)," by Richard Moss; (7) "You can heal your life," "The AIDS Book: Creating a Positive Approach," "Heal your body," by Louise Hay; (8) "Healing AIDS Naturally," by Laurence Badgley; (9) "Beyond AIDS: A journey into healing," by George Melton and Wil Garcia; (10) "Living with Joy," "Personal Power through Awareness," by Sanaya Roman and H.J. Kramer; (11) "AIDS: Passageway to Transformation," by Carolyn Myss; (12) "A Course in Miracles," by Foundation for Inner Peace; (13) "Creative Visualization," Shakti Gawain; (14) "Getting Well Again," by Simonton; (15) "The Healer Within: New medicine of mind and body," by Steven Locke and Douglas Colligan; (16) "Love, Medicine, and Miracles," by Bernie Siegel, (17) "Sex and the Spiritual Path," "Reflections on the Path," by Herbert Puryear, (18) "You can have it all," by Arnold Patent, (19) "Psycho-immunity and the Healing Process," by Jason Serinus, (20) "AIDS Survivors Literature," Project Survival, San Francisco. ■

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Qualified Retirement Plans

by Catherine Whitney, EA &
Linda Killick, PFP
OF MGW STAFF

Most of us who work for wages are covered by a pension plan by our employer. They get a tax break if they meet rigid requirements set by the IRS and their plan is a qualified employee benefit plan. In general there are two basic types of qualified plans, the defined contribution plan and the defined contribution plan called a money purchase plan. Your employer pays a predeterminded amount each pay period into the plan based on a percent of your gross income. Ther percent ranges from 0% to 25%, and once it is set, it can not be changed and it must be funded by the employer. The most that can be contributed each year is $30,000. What does this all mean to you ? Simply, that when you retire, usually at 65, you will receive payments from your retirement fund, usually a percentate of your salary. If you are interested in knowing how much you will receive, your employer is required to give that information to you.

Other types of defined contribution plans are a profit sharing plan and a stock bonus plan. These types are most commonly used by new aggressive companies. Contributions are made into a profit sharing plan based on the profits of the company. Again, it has a predetermined formula to calculate the amount contributed, with the percent ranging from 0% to 15%, with a maximum money amount of $30,000. The employer is not required to make a contribution, even if a profit exists. This type of plan can work out very well for an employee if the company is doing a thriving business.

A stock bonus plan is similar to the profit sharing except the contribution is made in stock, not money. If your company is a young growing company, this plan may work our very well for you. You can accumulate stock when the price is low and cash in later when the value of the stock has increased. Again, the employer is not required to make a contribution.

The second basic type of qualified plan is called a defined benefit plan. This plan sets the amount of the yearly benefit at retirement, and the payments made into the plan are based on the amount needed to reach this goal. The maximum benefit can not exceed $90,000 a year. The contribution must be made each year. The funds can be a tax exempt trust or set up as an annuity with an insurance company.

If you are not sure what kind of plan your employer has, or what benefits will be available to you when you retire, you can ask for that information. Your employer is required by law to furnish you with a copy of the plan.

Next month . . . 401 K,s, 403 K,s, TSA,S, deferred comp. □

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MGW CALENDAR

CALENDAR ITEM FORMAT:
When submitting calendar items, please use the same format that appears here, including date, day, name of event, time, place, cost, phone contact. Deadline for all items is the 15th.

April

1 Saturday

Capitol City Ballet "Romeo and Juliet" 8 p.m SCC Auditorium. 451-7437.
Camping Women Desert Trip to the Sonora Desert of S. Arizona with Marge Gleason. Thru 4/9. Celenia, 1-677-8469
Sacramento Symphony See 3/31.
Miss Gay No. Ca. Pageant Female impersonators vie for the coveted title. Joseph's Town and Country. Call for time.
All Estrogen Humor with Kate Clinton and special guest comedian Margaret Smith. $11.50 - $13.50. 8 p.m. Calvin Simmons Theatre, 10th & Fallon, Oakland. BASS.
The Normal Heart CSUS Playwright's Theatre, 278-6604.

2 Sunday

Sacramento Symphony 3 p.m. See 3/31

3 Monday

Women's Rap Group and Social. "Lesbians and Suicide" 7-9 p.m. Lambda Center, 1931 L St. 442-0185

5 Wednesday

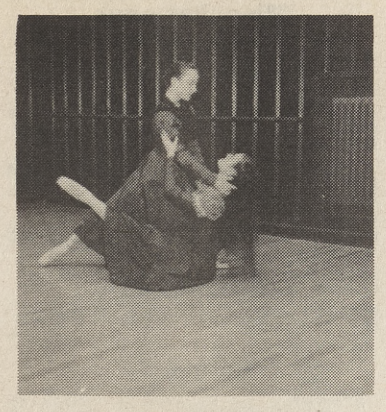
Lesbian and Gay Health Conference and seventh national AIDS forum. Thru 5/9. Cathedral Hill Hotel, S.F. Register, NLGHF, 2300 K St, NW, Washington, DC 20037. $150 -$175.
Outdoor Adventures. Potluck, 7 p.m. 441-3285
America In the Age of AIDS. 8 p.m. Channel 6.

6 Thursday

The Normal Heart. See 4/1.

7 Friday

Teddy Bear Convention Teddy Bear extravaganza. Thru Sunday. American Victorian Museum, 325 Spring St. Nevada City, 265-5804
Capitol City Ballet See 4/1.
The Normal Heart. See 4/1.



8 Saturday

Capitol City Ballet See 4/1
The Normal Heart See 4/1.

14 Sunday

Rally for Women's Equality/Women's Lives Picnic in the Park. McKinley Park. 10 a.m.-5 p.m.

10 Monday

Women's Rap Group and Social. "Potluck" (bring a dish to share). Lambda Center, 1931 L St. 442-0185.

13 Thursday

The Normal Heart See 4/1.
Ines Rieder, author of "AIDS: The Women". Booksigning at Lioness Bookstore.

14 Friday

Camping Women Pt. Reyes Backpacking weekend. Vicki Oberg, Celenia, 1-677-8469
June Mellington The Palms. 8 p.m., 1-756-9901.

15 Saturday

The Normal Heart See 4/1.

16 Sunday

The Normal Heart See 4/1.

17 Monday

Auditions for William Hoffman's aware winning play about AIDS **As Is**, Chautauqua Playhouse, 5325 Engle Rd., Carmichael, 7:30 p.m. 489-7529.
Womens Rap Group and Social. "Getting Dumped" or "When Your Lover Leaves" Lambda Center, 1931 L St. 442-0185.

AMERICA IN THE AGE OF AIDS

Deadline for the May Issue is April 15

18 Tuesday

Auditions for William Hoffman's **As Is**. See 4/17.

20 Thursday

Dale Spencer. Feminist theorist, author, speaks at Lioness Bookstore, 7:30 p.m.

21 Friday

SACWN Meeting Sierra Inn, 6 p.m. 486-8985.
Woman to Woman Closed AA Seminar Weekend. "Back to the Basics". Sierra Inn, 2600 Auburn Blvd., Sacramento, CA 95821 482-4770.

22 Saturday

Women's Rap Group and Social. Dance. Lambda Center, 1931 L St. 8 p.m.-Midnight. 442-0185.
Woman to Woman Closed AA Seminar Weekend. "Back to the Basics". Sierra Inn, 2600 Auburn Blvd., Sacramento, CA 95821 482-4770.
Outdoor Adventures. Trip to Sutter Buttes, 421-6209.

23 Sunday

Woman to Woman Closed AA Seminar Weekend. "Back to the Basics". Sierra Inn, 2600 Auburn Blvd., Sacramento, CA 95821 482-4770.

24 Monday

Womens Rap Group and Social. "Secret Question Rap". Lambda Center, 1931 L St., 442-0185.

29 Saturday

"Hay Fever", Victoria Theatre, 2961 16th and Mission, S.F.
Our River City Family. Potluck, 606 Hayes Ave., 7 p.m., 925-4667.

MAY

21 Sunday

AIDS Walk Sacramento. William Lan Park, 8:30 a.m. 429-9404.

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Gay and Lesbian Community Encounter Visionz

by J.P. Lawrence
OF MGW STAFF

"Visionz" is Sacramento's Weekly Gay and Lesbian Television Magazine produced by Larry Porter, Ka'imi Rosa and Gary Schorzman through the Sacramento Community Cable Foundation. Their special one hour premiere will air on cable in May. After its premiere, the show will appear as a weekly half hour program.

Schorzman was raised on an Idaho farm and recently moved to Sacramento from Los Angeles where he owned and operated an aerobics and yoga studio, and was involved with fund raising and support organizations. He has always been at the forefront of Gay and Lesbian politics. His recent work includes the Stop AIDS Project, and he operates his own business.

Rosa, who recently moved from New York, comes from the Island of Maui where he received a degree from Maui Community College in liberal arets, and studied Hawaiian Language and Secondary Education at the University of Hawaii in Honolulu while working as a tour director. He speaks Hawaiian, Spanish and Japanese, was involved with theater and music, and toured Europe as a member of the University of Hawaii Ancient Hawaiian Dance Ensemble.

Porter, a native Californian, raised in the Sierras, has lived in Alaska, San Francisco, and New York. He has worked in theater, with multi media as a freelance photographer, for PBS producing the "Invisible Man" evening radio program, and as a TV Producer, Station Switcher, Director and Technical Director for the evening news, specials and educational television. He owned and operated the "Invisible Man Film Society," a small movie theater in New York. He designed and operated Australian tour programs and assisted in GMHC's weekly cablecast "Living With AIDS" coverage of the '87 March on Washington.

The three met at a Heart-to-Heart meeting in November, became close friends and got involved with the Sacramento Community Cable Foundation. In January, they started to cultivate Visionz. Sharing the belief that Sacramento has an extraordinary Gay and Lesbian community - active, talented, diverse and larger than average - they feel obligated to share it with Sacramento's residents through Visionz. The '88 awards presentations confirm their view that Sacramento should be proud of how the Gay and Lesbian community is improving the lives of so many.

Visionz's unique format and volunteer staff require much more work to produce a weekly half hour show, but give their audience a realistic view of what it is reporting on. Visionz is currently seeking to broaden its support structure to ensure timely coverage and high quality by utilizing the talents of local Gays and Lesbians. Visionz's efforts are "not-for-profit," and will be supported by local businesses, organizations and individuals. Interested parties should contact: Visionz, 2128 El Camino Avenue, Box 113, Sacramento, CA 95821, or phone 641-0704. ■

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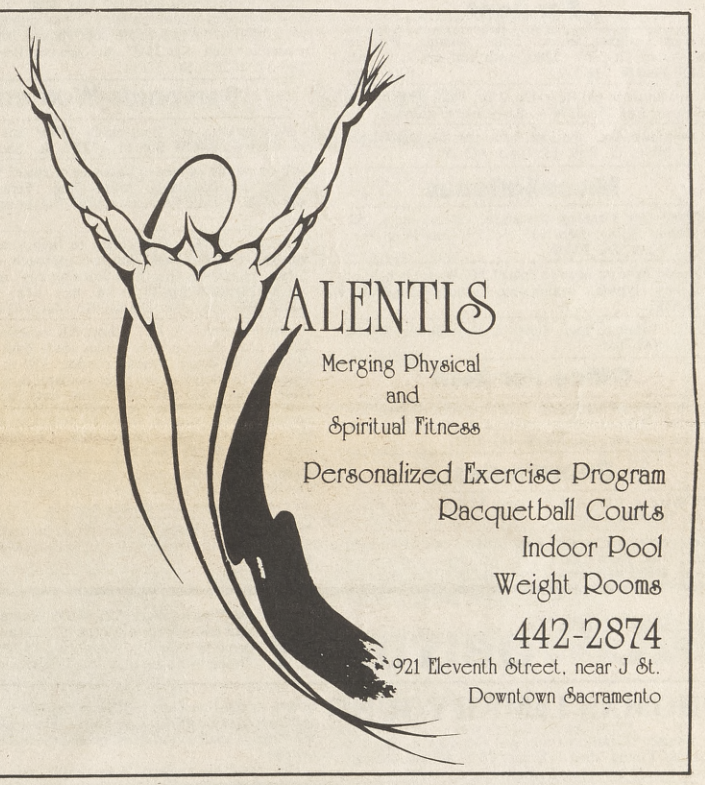

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Bicycles: Men's 10-speed, 23-inch Nishiki "American Eagle Semi-Pro." Good used condition. $50. Also Motobecane 10-speed, 23-inch tandem. Low mileage, like new. Great for a couple. Heavy duty tires and tubes. $500. Prices negotiable. Call James, 646-9312, evenings or leave message. EXP 5/89

Schnauzer female puppies for sale. 2 left, very affectionate and cute!!! $300. 441-6397.

Cozy 40ft. Houseboat, live-aboard, fully equipped. Sell or rent; $12,500 firm. 444-5868.

X-rated male video cassettes in VHS & BETA. (916) 786-0164.

For Rent

Fellos Lodging House. Emp. persons, Pvt. rm w/shared kit., TV. $200/mnth and up. Util. incl. 2129 22nd St. 736-3127 EXP 4/89.

Cozy house in old Roseville. 2 Br. 1 Ba. $500 Mo. + deposit. Call 786-8376 — Barb. Leave message.

Downtown Apt., spacious 3 rm. plus ba. and kitchen — 1 blk to Lt. Rail. $350/mo. 443-2913.

Miscellaneous

Whole Gay Catalog: literature, videos, music. $2, Lambda Rising, Dept 117, 1625 Connecticut Ave., NW, Wash, DC 20009.

Do you have an hour to spare? MGW needs help on phones, typing, organizing, proofreading, etc. 441-6397.

So. L. Tahoe cottage. Sleeps 4. Near Skiing. $49 Nt — 916-544-7040.

Office For Rent

Small office within MGW. $150 a month. Be great for graphic designer, small organization, attorney, free lancer, etc., etc. Call MGW 441-6397.

Roommates

GF share lg. 2 Br. Apt. in Davis. $240 + ½ util. Pool, Spa. 756-2384.

Responsible GF to shr. 4 Br./2Ba. ½ mi. from light rail, 5 mi. from CSUS, Grg, AC, frpl, pool-spa on river, prefer non-smoker. N-Dgs. $300/mo, shr. util. 369-6825.

GF shr. lg. Hm. Lg. Yd. nr River, I5, Dwntown. $212 + ⅓ utls. Sue 646-9247.

Retired Male will share nice apt. w/young male 18-21. Great for student. Neat, Non/Smkr. Shy quiet type. Rent negotiable. MGW Box 10, 1725 L St., Sac. 95814.

37 yr. old, sensitive, oving/professional gay male who travels 2 wks. per. mo. seeks same (male or female) to share 1700 sq. ft. Midtown Victorian.Available immediately. $300 per/mo. + dep. + util. 448-4652.

GM to share 3 Bdrm./2 Ba. in So. Natomas. Free util. $275 per/mo. Call 922-3809. Leave message.

Shr Lrg. 2 Bdrm./2 Ba. Apt. in So. Natomas. $235/mo. + ½ util. 649-1316.

Roommate wanted GM pref. Smkr/Pet welcome, quiet Res. Hm. Nr. SCC. $225 + Dep. 452-4722.

Share 2 Bdrm., 2 Ba. house in So. Natomas. Washer, fireplace, walkin closets. No drugs/smoking. $285 + ½ 923-1363.

Wanted

Truck to deliver MGW's. Must run well, and not expensive. 441-6397.

Wanted: Male & female facilitators to run weekly gay youth group. Volunteer position. Contact Laura at 682-5481 or Lambda Center 442-0185.

Research subjects neede HIV + men for 2 hrs. of free testing of memory, problem solving. Result can go to M.D. Early detection of problems could make you SSI eligible. Call Rob 487-9999.

Personals-Men

Experienced reporters/photographers/editors wanted for this paper. 441-NEWS.

Red Hankie Network. SASE: Asp. Box 14543, SF, 94114 Exp3/89

Masc., affect., WM 6' 220 lbs. 32 yo. Br/Bl Prof. sks monog. rel w str. act/app 23-33 GM. Like sincerity, cuddling, various outdoor activities, eves at home prefer nonsmoker w energetic, positive attitude. Letter w fotos ans first POB 202, RSVL, 95661.

GWM 28 sks GWM for friendship & relationship. Matt Erickson. 1414-18th, %1, Sac. 95814.

GWM 35 sks slim GM 26-39, N/Smkr. For long-term relat. Loves movies, camping. 922-4781.

Need Male Model. Photos or $. Call Lee 391-0558 EXP 5/89

GWM 34 nonsmoking, HIV-, attractive professional with good sense of humor wants to meet same between 27 and thirty-something. While I vener though of meeting someone through an ad, I hate the bars and am disenchanted with other local options. I'm interested in someone reasonably fit, clean-shaven and potentially serious about a new relationship. 564 La Sierra, Box 170, Sac. 95864. EXP 5/89

Early twenties well educated Gay Mail, blond with blue eyes who is looking for the monogomous catch of a lifetime. I appreciate soft spoken, intelligent, masculine men. Age 25-35. Are you out there? MGW Box 17, 1725 L St., 95814.

Personals-Women

GWF seeking out non-butch GWF for companion/friend. MGW Box 11, 1725 L St., Sac 95814.

Where are the women in Vacaville or close? We enjoy skiing, music, travel. Mary Ann, Teresa Eves. 447-4586. Female Acoustic Guitar/Player needed for same.

Workshop on $ making ideas to help you become wealthy or ½ yr $ back! Spititual approach. Lodging, meals, relaxing 3 fun filled learning days in Tahoe. Ap 14-16 again Ap 28-30 ltd. spce. $125 P.P. per wknd 10% cpls. disc. Details 916-544-7040 Holly.

Women's retreat, S. Lk. Tahoe. All recreation close. Quiet cozy. Rent private rooms share bath. Use of kitchen. No drugs. Smoke outside. $20 ea. person wknds. $15 wkdys, group rates available 6-or more — Holly's Place. 916-544-7040. Come have fun!

Female friends wanted. Bi-W/M desires to entertain girls; St.-Bi-Gay-Les. couples, OK. I'm submissive, SAFE, Fun. Beau; 924-8157.

Desperately seeking Susan (or Mary or Jackie or Estelle!!) I don't know your name, but we locked in an eye-embrace at the closing night at "Take Two".

Nice lkng Asian Male, very interested in meeting marriage minded Bi-female P/P to PO Box 163421, Sac. 95816.

MGW ORGANIZATIONS

Gay Center

● *LAMBDA COMMUNITY CENTER*— 1931 L St At 20th
Daily: 10 am — 6 pm
Mon/Tues: 10 am — 9 pm
442-0185. Info Line 447-5755.

Media

● *MGW NEWSPAPER*—1725 L St., 95814. 441-NEWS (9-5, weekdays).

● *GAY CABLE TV, Channel 47,* M 10-11pm, T 5-6pm, W 12-1pm, Ron Hatch 481-7317, or Cheryl 933-2022.

● *PSSN NEWSLETTER*— BOX 189306, Sac., 95818. Arturo Jackson, 447-5925.

Political/Legal

● *ASSEMBLYMAN LLOYD CONNELLY*—2705 'K' St., Ste. 6,95816. Alison Anderson is liaison, 443-1183.

● *ASSEMBLYMAN PHIL ISENBERG*—1215 -15th St., Ste. 102, 95814. Connie Damant is liaison, 324-4677.

● *CAL. CAPITOL POLITICAL ACTION COMMITTEE. (CAPPAC)*— (Demo./Rep.) 1008 10th St. # 255, 95814, 736-2722.

● *CONCERNED REPUBLICANS*— Sacramento Log Cabin, John Madriz 921-9928.

● *GAY FAWN*—Observing, enjoying & protecting local wildlife & natural environments. Janic, 486-4424.

● *HUMAN RIGHTS COMMISSION*—2131 Capitol Ave., Suite 206, 95816. 4th Wed., 6:30pm, City Hall 444-6903.

● *LOBBY FOR INDIVIDUAL FREEDOM & EQUALITY (Life), Rand Martin, 926 J St.* #1020, 95814.

● *RIVER CITY DEMOCRATIC CLUB*—Box 161958, 95816. Meets 3rd Mon. at Lambda Community Center, 1931 L St, Ken Topper, 424-5254(msg).

● *SAC. NATIONAL WOMEN'S POLITICAL CAUCUS*—3rd Tues, 5:30pm open, meeting. 2224 J St. Lioness Books 965-9115(msg).

Religion

● *AFFIRMATION* United Methodists for Lesbian and Gay Concerns, Ellie, Jeanne, 489-2340

● *CONGREGATION SHA'AR ZAHAV* 220 Danvers St., San Francisco, 94114. (415) 861-6932.

● *DIGNITY*—Box 161765, 95816. (Catholic) MASS & MEETING, 2nd Sun., 2pm, St. Francis Chapel, 26th & 'K', (916) 441-0427(msg)

● *MCC OF THE SIERRAS*— meets at 120 Thoma Street, Reno, NV. 89501, services are Sunday 12:00pm. The Pastor is Marty Casmero and she can be reached at (702) 348-7377. MCC of Stockton's telephone # is (209) 465-3944.

● *METROPOLITAN COMMUNITY CHURCH* —2741-34th St., Box 20125, 95820. WORSHIP SERVICES, Sun., 10am and 6pm. 454-4762, Rev. Elder Freda Smith.

● *METROPOLITAN COMMUNITY CHURCH OF THE SIERRAS*— 120 Thome St., Reno, Nev. 89501. Services, Sun 12:30 pm WRAP Group, 1st & 3rd Mons. 7:30 pm Eve. Service, 1st, 3rd Suns., 7:30 Rev. Don Magill-Knitig, 702/348-7377.

● *METROPOLITAN COMMUNITY CHURCH OF STOCKTON*— Meets at 2737 Pacific Ave. (Unitarian Church), at 6pm Sunday, Mailing Address is P.O. Box 8323, Stockton, CA 95208, (209) 465-3944.

● *LUTHERANS CONCERNED/SA*— 4th Sun. Kevin S. Braaten-Moen, 739-0607

● *PRESBYTERIAN GAY/LESBIAN SUPPORT GROUP*— 5-9 p.m. Merrill & Muriel Follansbee, 443-5710.

● *S.D.A. KINSHIP SACRAMENTO*— (Seventh-day Adventists) Potluck and fellowship, 485-1694, 455-8940. For brochure, Box 340, Carm. 95609.

● *S.D.A. KINGSHIP SACRAMENTO*— For local activities and info. contact: P.O. Box 3840, Los Angeles, 90078 or call (213) 876-2076.

● *ZEN BUDDHIST MEDETATION GROUP,* Mon, 7pm, 925-0704, Brian.

Miscellaneous

● *AIDS FOUNDATION*—, 1900 K St., Suite 201. AIDS info.,referrals, education, counseling. 448-AIDS.

● *ADULT CHILDREN OF ALCOHOLICS (ACA)*— Sat. 12:30-2pm. No smoking 2741 34th (MCC Church) 381-2175

● *ACROPOLIS Computer Service for Men*— 4620 Hazel Ave. F.O. 95628, 300/1200/2400, 8/N/1, Will, Robert, 967-5817

● *ALCOHOLICS ANONYMOUS*— McKinley Park Group, Room A. Tues 8pm. 601 Alhambra Blvd. 454-1100.

Lambda Group, Emmanuel Episcopal Church, 235 S. Church St., Grass Valley. Tues, 7pm.

North Hall Group:
MCC, 2741-34th St.
Mon. 8pm
Tue. 6pm - Women
6pm
Wed. 6pm
8pm - No Smoking
Fri. 8pm
Sat. 8pm
Sun. 6pm - Men's
8pm

● *BOATERS*— Boating events in and around the Delta and Sac. Norm Burnam, 972-9317.

● *BARBARY COAST BOATING CLUB*—Sac Delta, SF Bay. 847 Oak St., San Francisco, CA 94117, (415) 255-1049 or (916) 972-9317.

● *CAPITAL CITY SQUARE DANCE CLUB*—Beginners: Tue., 6:30-8p.m., William Land School, 12th and V St. Plus 8-9:30pm, George Fox 452-1710.

● *SUTTER'S STOMPERS CLOGGERS*— Dancing every Tues. 6:30-10, 10-week beginners classes 3 times/yr: Jan, May, Sept. For location and info., Terry 929-8053

● *DISCOVER SACRAMENTO HOTLINE*— 449-5566.

● *GAY FATHERS OF SAC*—2nd Sun. potluck/discussion, 456-3237

● *G.G.N.I.E.*—Box 160636, 95816. 1st Tue., Faces, 7:30pm. Last Tues., Bd. Mtg. 447-0345, 927-9540.

● *LANDLORD/TENANT PROBLEMS* — Human Rights/Fair Housing Commission's Landlord-tenant line, 444-0178. 2131 Capitol Ave, Ste. 206.

● *LAMBDA COMMUNITY FUND* —Box 163654, 95816. Jerry 381-3115. 442-0185

● *LESBIAN/GAY HEALTH PROFESSIONALS*—441-2210.

● *OUTDOOR ADVENTURES* of Sac., Monthly potluck/meeting. 1st Wed. Stan 441-3285

● *PARENTS & FRIENDS OF LESBIANS &GAYS*—555 Vallombrosa, #73, Chico. 3rd Sun., 1pm. 891-5718.

● *PARENTS & FRIENDS OF LESBIANS AND GAYS*—Freemont Presbyterian Church, 5770 Carlson H St., 3rd Tues. 7:30pm, Merrill Follansbee, 444-9510 or Box 660955, Sac. 95866.

● *PEOPLE TOGETHER,* spiritual, social support group for HIV positive, ARC/AIDS, catastrophic illness, friends, lovers, etc., meets every Tues., 7 p.m. Met. MCC. Betty 454-4762.

● *PILLARS*—social group, alternating Friday 6:30pm. 455-1771. 6:30 pm

● *PRIME 8's* — Advanced Square Dancing Club. Mon 7-9pm. Josephs Town and Country Inn.

● *RIVER CITY BOWLERS*— 6pm Southbowl, Sundays, Paul Schierenberg — 927-5431

● *SAC ATHLETIC GAMES ASSOC. (SAGA III Team Sacramento)*—Board meeting quarterly, 1st Thurs. 7pm. 443-6440.
COORDINATORS:
Women's Sports — 443-6432
Men's Sports — 451-5996
Basketball (w) 455-4473
Basketball (m) 455-4991
Billiards (w) 753-5488
Billiards (m) 372-6404
Bowling (w) 457-9316
Bowling (m) 485-0121 or 635-1535
Canoeing (m/w) 381-3380
Cycling (m/w) 381-3380
Golf (m/w) 443-6440 or 442-8879
Marathon 927-9157
Physique 427-2688 or 443-6440
Powerlifting (m/w) 624-0166
Racquetball (m/w) 457-4943
Soccer 446-6870
Women's Soccer 444-5868
Softball (w) 929-2873
Softball (m) 451-5996
Swimming (w) 454-3142
Swimming (m) 442-4340
Tennis (m/w) 456-6013/386-2127
Track & Field (m/w) 455-0986
Triathlon (m/w) 381-3380
Volleyball (w) 487-4155
Volleyball (m) 442-4641
Wrestling (m) 451-5152

● *QUAD*— Bisexual Family-Oriented Outdoor Recreation & Social Group. Box 660664, Sac 95866. 927-0418 Cliff, Renee.

● *SPEAKERS BUREAU*— Joe Uhrig 447-0733, Paulette Jacobson 441-5514.

● *SACRAMENTO GAY & LESBIAN COUPLES*— Social Group meets monthly. Jerome, Eliseo, 391-0109.

● *SAC MEN'S CHORUS*— 441-0399, Box 188726, Sac 95818.

● *SAC AREA EDUCATORS*— monthly potluck. Tom Harp 456-6673, Frank Lawler, 485-7960

● *SAN JOAQUIN AIDS FOUNDATION*4410 North Pershing Ave, Suite C-5, Stockton, CA 95207. (209) 476-8533.

● *VALLEY KNIGHTS MOTORCYCLE CLUB, INC.*—Box 8163, 95818.

● *YOUTH CRISIS LINE*— Mon-Fri 3-9 p.m. EST at 800/221-7044. NGTF, 80 5th Ave., NY 1001.

● *YOUTH GROUP*— Friday 5-6:30 for young people. Lambda Center, 1931 L St. 442-0185.

Women

● *BOUND & DETERMINED*— Box 5953, Sac., 95817. Woman-to-woman S/M support.

● *CAMPING WOMEN*—Sac Chapter, Gail 689-9326. Camille 677-5902, Box 13261, 95813

● *CSUS WOMEN'S CENTER*—6000 'J' St., 95819. 278-7388.

● *DAVIS WOMEN'S READING CIRCLE*—Meets last Thurs., Christine (916) 758-2875.

● *EL DORADO WOMEN'S CENTER* — 3133 Gilmore Street, Placerville, CA 95667. 626-1450 or 626-1131.

● *FOOTHILLS ALTERNATIVE WOMEN'S NEWSLETTER (F.A.W.N.)*— Nevada, Placer, & El Dorado Co. (916) 273-5204.

● *FREE WOMEN'S SUPPORT GROUP*— every Wed. 7-8:30pm, Chemical Dependency Center, 1507 21st Street, Ste. 100, Facilitator Claudia Boyd, 448-2951.

● *INCEST SURVIVORS GROUP*— (SBAC) Mon. night. Bea Betzner 454-4242

● *LEATHER AND LACE*—Motorcycle Club. Box 163044, 95816, 452-7467.

● *LESBIANS FOR SOBRIETY*—Support group for women, 7:30p.m., Tues. Betty, 453-0791, Women's Stress Alternatives, 448-2951.

● *LESBIAN RIGHTS PROJECT*—1370 Mission St., SF 94103. Public interest law firm.

● *WOMEN PREFERRING WOMEN*—Women's support group, Fairfield. (707)448-1010(eve). Box 73, Fairfield 94533.

● *LESBIAN CRISIS LINE*— Mon-Fri 3-9 p.m. EST at 1-800-221-7044.

● *NAT'L. ORGANIZATION FOR WOMEN*—Box 1404, 95807. 3rd Wed., 7pm at 1931 L St. 443-3470.

● *NOW LESBIAN RIGHTS TASK FORCE*—331-5036, Kay, Lorraine.

● *NWPC*, 4th Wed. Lioness Books, 2224 J, 6-7pm

● *RAPE CRISIS CENTER*— 447-RAPE crisis line.

● *SAC PULSE*— Women's Card Group, Gloria 922-4286.

● *SAC AREA CAREER WOMEN'S NETWORK* Dinner Meetings 3rd Friday 6:30-9:30, 486-8985

● *SAC BOUND & DETERMINED, women's S&M support group. Ryan, Box 5953, Sac. 95817.*

● *SAC WOMEN'S CENTER*—Lioness Books, 2224 'J' St., 442-4657.

● *SAC WOMEN'S CHORUS*— Mon. 6-8pm, Martie, 1-756-5658, 1-753-6022.

● *SNOW WHITE CHAMPAGNE BALL*— December party for women. To be on mailing list write Linda Birner, 1725 L Street, 95814.

● *SPOKES WOMYN CYCLEING CLUB*— P.O. Box 162784, Sac. 95816 447-6270/441-0967.

● *WOMEN'S RAP GROUP AND SOCIAL*— Mondays, 7-9pm Lambda Center, 1931 L Street, Laura, 682-5481 Msg..

● *WOMEN'S HEALTH RESOURCE* of Sutter Community Hospital, 733-3000

● *WOMEN'S STRESS ALTERNATIVES* — 448-2951

● *YWCA*—1122-17th St., 95814. 442-4741

Student

These student groups usually get together when classes are in session.

● *GAYS & LESBIANS AT ARC*— Thurs 7 p.m. Dr. Johns 484-8340

● *CHICO STATE GAY/LESBIAN UNION*—CSU Chico, 95926

● *GAYS & LESBIAN ALLIANCE OF SAC STATE (G.L.A.S)*— CSUS, Gwen 648-8078

● *GAYS & LESBIANS AT DAVIS* 433 Russell Blvd., Davis 95616 753-2090 (24 hr. recording) 753-2195 during office hours.

● *WOMEN'S ISSUES CLUB*— Thurs. noon, Sac City College, RN-228, Charlene 739-1159

● *WOMEN'S SUPPORT GROUP*— Tues. noon, Sac City College, RN-228.

Youth

● *CALIFORNIA RUNAWAY HOTLINE*— 1-800-843-5200.

MGW OBITUARY

OBITUARY POLICY: MGW Newspaper is honored to commemorate the lives of our readers, and friends or relatives of our readers, with an announcement. We ask that friends or relatives provide us with information in person (not by mail or over the phone), not more than 250 words. There is no charge for this service.

THOMAS LaMAR YOUNG

Former Sacramento poet and visual artist, Thomas LaMar Young, died February 20 in Minneapolis of liver failure and complications due to AIDS.

He was Associate Editor of **The James White Review** and staff member of **PW Alive,** and contributed to **The Evergreen Chronicles, No Apologies** and the **Seattle Gay News.** His visual art was widely shown in galleries.

Born in Illinois, Tom moved to Minneapolis in 1975 for alcohol abuse treatment, and became an active member of gay AA groups. In 1978 he established the Howling Wolf Puppet Troupe, and was a waiter at the Blue Heron Cafe in Minneapolis for several years.

He was a personal friend of and was mentored by the poet James L. White. Phil Willkie, publisher of **The James White Review,** said that he "will always think of Tom as a co-conspirator in the founding of **The James White Review** even thought he wasn't present. His friendship with Jim White gave the magazine a live connection to its namesake. Tom was a brilliant poet in the way he crafted his language. He was in touch with his feelings and could express them through his creativity." Tom contributed a page of poetry to the first issue of **The James White Review** and later became its associate editor. His pen and ink drawings of male nudes often graced the cover of the review.

His visual art evolved from simple pen and ink drawings of male nudes through increasingly abstract chalk drawings to complex abstract collages. In recent years, the Radisson Hotel chain purchased several of his works for their corporate collection. From 1982-88 Tom lived in Seattle, Washington, and Sacramento, California, and was represented in Sacramento by the Himovitz-Jensen Gallery. ■

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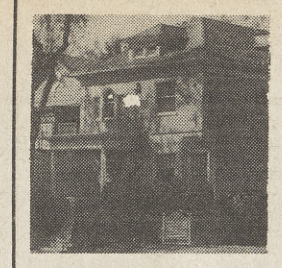

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Millington

From pg. 6

Clatchy High and attended to surfer bands, Motown and The Beatles. Soon, playing music and immitaing her favorite recording artists became a way for a girl of color in a new country to be somebody, to be accepted.

June began her professional career with several other girls doing backup for a surfer band formed by the girls' boyfriends. The association ended at an audition where the backup girls got the gig . . . and the boys didn't.

In 1969 Millington's band "Fanny" became the first all female gand to land a major record contract, with Warner Brothers. As June put it, "We wanted limos and success and to prove we could kick ass like the boys." In the group, Millington continued to experiment with musical genres from rock to blues to salsa to reggai. In 1973, after finding her success and losing herself in a nervous breakdown, June left "Fanny" and began a spiritual search that took her to Woodstock, New York and a discovery of Tibetan Buddhism (a label that almost fits June's philosophy, but not quite). "In my twenties I wanted to make it. I was into myself. Now I've decided to let the rest of the world in," she says with a chuckle. "When I was in Sacramento as a kid I was so lost. Now I'm turning 41 and I'm back here and I'm so . . . found. I gues that makes Sacramento my lost-and-found department."

Part of June's new outward focus is reflected in her work with The Institute for the Musical Arts, which she founded. The institute seeks to provide support and education for women, particularly women of color, seeking careers in music or music business. Millington's already busy musical schedule now includes frequent fundraisers for the institute's future plans, including a permanent school with grants for single mothers and women of color. Asked about the motivation behind this new venture, she said, "When I started in the music business, I had no peers, no role models. It was lonely. It was tough. There was no IMA to feed that 16-year-old girl what whe needed. IMA is my hear, my life's work from here on out." She added, "I used to serve myself. Now I serve the higher power, the higher good. I've become the instrument."

Despite her sincere talk of consciousness, compassionate action and the higher good, June Millington is no out-of-touch religionist. Her sense of humor and excitement are infectious. Her open-minded love of people is obvious. Her music is upbeat and fun. Asked to characterize her music today, she thoughtfully replied, "It's sensual. It's very positive. I try to slip in consciouness wherever I can. But . . ." she added with a grin, "we still kick ass!"

"This is my birthday concert. Tell them to come ready to PARTY!" Judging by the music on Millington's new album "One World, One Heart," it will be one hot party. June and Jean (her sister, bassist and backup vocalist) Millington will perform at The Palms in Davis at 8:30 p.m. on April 14 (916-756-9901). Anyone interested indonating to the Institute for the Musical Arts can write to: IMA, 2021 East 24th Street, Oakland, California 94606. ■

An Urgent Appeal from Hand to Hand

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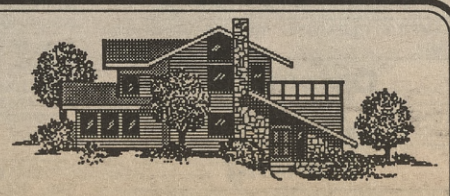

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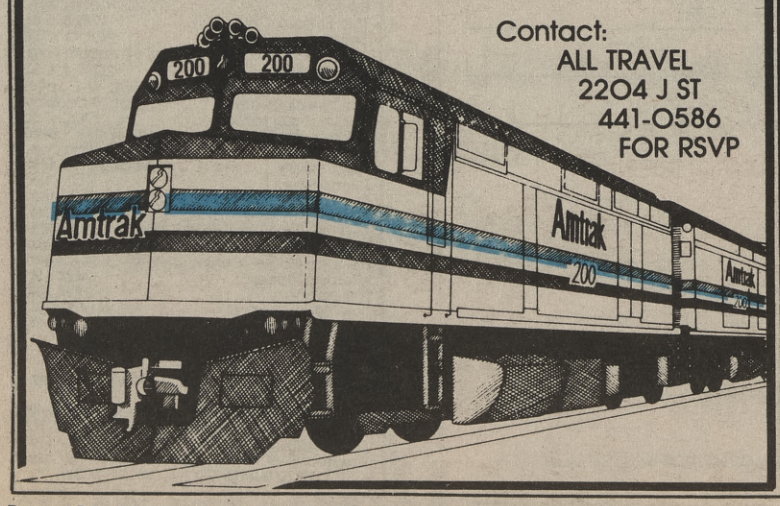

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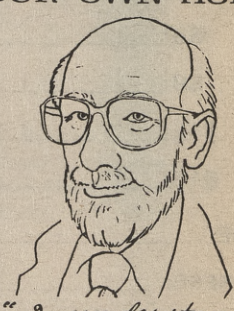

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